CRUNCHY ASIAN SALAD WITH PEANUT DRESSING

INGREDIENTS:

Dressing:

- 1/4 cup rice wine vinegar
- 1 teaspoon fresh ginger, chopped or 1/2 teaspoon powdered ginger
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 3 tablespoons sesame oil
- 1/4 cup vegetable oil
- 3 tablespoons creamy peanut butter
- 1 tablespoon sesame seeds

Salad:

- 6 cups spinach
- 1 large carrot, shredded
- 1 red bell pepper, thinly sliced
- 1/4 red onion, thinly sliced
- 1/2 pound sugar snap peas
- 1 small cucumber, sliced
- 1/2 cup roasted peanuts, halved
- 1 tablespoon sesame seeds

DIRECTIONS:

Dressing: in a medium bowl, combine and whisk together all dressing ingredients.

1. *Salad:* bring a pot of water to boil, add the sugar snap peas and cook for about 5 minutes, until peas are crisp-tender. Drain, rinse under very cold water to stop cooking, drain again, and set aside.
2. Combine all salad ingredients, except sesame seeds, in a large bowl. Pour the dressing over the salad. Garnish with sesame seeds. Enjoy!

Nutrition Facts

Serving Size 1 cup (207g)
Servings Per Container 6

Amount Per Serving

Calories 330	Calories from Fat 250
	% Daily Value*
Total Fat 28g	**43%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 4g	**16%**
Sugars 9g	
Protein 8g	

Vitamin A 80% • Vitamin C 70%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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