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

Nutrition Facts

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

Amount Per Serving		
Calories 330 Calor	ries from	Fat 250
	% Da	ily Value*
Total Fat 28g		43%
Saturated Fat 4g		20 %
Trans Fat 0g		
Cholesterol Omg		0%
Sodium 160mg		7 %
Total Carbohydrate 16g5%		
Dietary Fiber 4g		16%
Sugars 9g		
Protein 8g		
Vitamin A 80% • Y	Vitamin C	070%
Calcium 8% •	lron 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 Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Dietary Fiber Calories per gram: Fat 9 Carbohydrate	65g 20g 300mg 2,400mg 300g 25g e 4 • Prote	80g 25g 300mg 2,400mg 375g 30g



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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!