



Recipe Submitted by: SV Fun In The Sun

Thai Vegetarian Salad

Ingredients (serves 2):

- 1 cup (packed) very thinly sliced Napa cabbage
- 1/2 cup chopped fresh cilantro
- 1 peeled carrot cut into matchstick-size strips
- 1/2 green or red pepper, cut into matchstick-size strips
- 1 cup mung bean sprouts
- 1/2 English cucumber, cut into matchstick-size strips
- 1/4 cup peanuts or cashews, chopped
- 2 Tbsp fresh lemon or lime juice
- 1/4 cup almond, cashew, or peanut butter
- 1 tsp finely chopped fresh ginger
- 2 cloves of garlic finely chopped
- 1 tsp tamarind paste
- 2 Tbsp Thai fish sauce
- 1 Tbsp canola oil
- 2 tsp sucrose or maple syrup
- 1/2 tsp of dried chili flakes
- 2-4 Tbsp water

Preparation and Use:

1. Prepare salad dressing by combining lemon juice, nut butter, ginger, garlic, tamarind, fish sauce, canola oil, sweetener, chili flakes, and water. Mix well, and adjust flavoring as needed.
2. Combine all the vegetables in a large bowl and toss with the dressing. Let stand 30 minutes before serving. Garnish with chopped nuts and additional cilantro if desired add meat of any kind if you wish.....