



FOR YOUTH DEVELOPMENT®
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Crunchy Thai Salad with Peanut Dressing

YMCA of Northern
Rock County

Servings: 4 (1 1/2 cups each)

Ingredients:

- 2 cups kale*
- 1 1/2 cups napa (Chinese) cabbage
- 1 1/2 cups red cabbage
- 1/2 cup red bell pepper
- 1/2 cup carrot
- 1 mango
- 1/4 cup cilantro
- 8 mint leaves
- 1 tablespoon green onions
- 1/4 cup peanuts, roasted and roughly chopped

*Baby kale and Dinosaur (also known as Tuscan and Lacinato) kale are two of the more tender varieties to eat raw.

Peanut Dressing:

- 1/3 cup peanut butter, natural creamy or smooth
- 2 tablespoons lime juice
- 1 tablespoon honey, or pure maple syrup (add up to another tablespoon if desired)
- 1 1/2 tablespoons rice wine vinegar
- 1 1/2 tablespoons coconut aminos, or low sodium soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon Sriracha**
- 1/2 teaspoon ginger, minced
- 1 clove garlic, minced
- 1 tablespoon water
- Salt and pepper, to taste

**Can substitute with any type of chili paste, but if you don't have Sriracha, Sambal oelek is your next best choice.

Directions:

Thai Salad

1. In a large bowl add thin slices of kale, cabbage, bell pepper, carrot, mango, cilantro, mint, and green onions. Set aside and make the dressing.

Peanut Dressing

1. In a blender, add peanut butter, lime juice, honey, vinegar, coconut aminos, sesame oil, Sriracha, ginger, garlic, and water.
2. Puree until smooth and combined, about 1 minute. (Alternatively, whisk ingredients together in a medium-sized bowl.)
3. Add more water if needed to thin out the dressing if desired. Season with salt and pepper as needed.

To Serve

1. Gradually add dressing to coat the salad; toss to combine. Top with freshly cracked black pepper and chopped peanuts.

Nutritional Information:

Calories: 179

Fat: 8g

Carbs: 24g

Protein: 6g



Recipe courtesy of: <https://www.jessicagavin.com/crunchy-thai-salad-peanut-dressing/>