Asian Vegetable Salad

Makes 4 servings

Ingredients

- ½ lb of snow peas - fresh
- 4 large bok choy - stalks thinly sliced
- 1 cup of radishes - thinly sliced
- 1½ cup of bean sprouts - fresh
- ½ cup of scallion tops - chopped
- 3 tbsp of rice vinegar - unseasoned
- 3 tbsp of peanut or canola oil
- 1 tsp of sesame oil
- ½ tsp of sugar
- ¼ tsp of sea salt

Directions

- Trim and string the snow peas. Stem for 1 minute. Drain and rinse the snow peas in cold water.
- Combine the vegetables in a large salad bowl.
- Mix thelast 6 ingredients together in a jar. Cover and shake to blend
- Taste to correct the seasoning: you may want more vinegar
- Pour the dressing over the salad and toss well.
- Chill the salad until ready to serve.

Nutrients (approximately)

165 Calories per serving,
Fat 11.2g, Saturated Fat 0.9g, Cholesterol 0mg,
Sodium 46.4mg, Carbohydrates 13.7g, Fiber 3.8g,
Sugars 4.8g, Protein 4.4g

Share this recipe with a friend!

Asian Vegetable Salad

Makes 4 servings

Ingredients

- ½ lb of snow peas - fresh
- 4 large bok choy - stalks thinly sliced
- 1 cup of radishes - thinly sliced
- 1½ cup of bean sprouts - fresh
- ½ cup of scallion tops - chopped
- 3 tbsp of rice vinegar - unseasoned
- 3 tbsp of peanut or canola oil
- 1 tsp of sesame oil
- ½ tsp of sugar
- ¼ tsp of sea salt

Directions

- Trim and string the snow peas. Stem for 1 minute. Drain and rinse the snow peas in cold water.
- Combine the vegetables in a large salad bowl.
- Mix thelast 6 ingredients together in a jar. Cover and shake to blend
- Taste to correct the seasoning: you may want more vinegar
- Pour the dressing over the salad and toss well.
- Chill the salad until ready to serve.

Nutrients (approximately)

165 Calories per serving,
Fat 11.2g, Saturated Fat 0.9g, Cholesterol 0mg,
Sodium 46.4mg, Carbohydrates 13.7g, Fiber 3.8g,
Sugars 4.8g, Protein 4.4g