

Crunchy Asian Salad

Add chopped cooked chicken, tofu or edamame to make a complete meal!

Ingredients:

Salad

- 1 (16 oz) bag Coleslaw mix
- 4 cups Romaine lettuce, chopped fine

Dressing

- 1/4 cup Low sodium soy sauce
- 2 tbs White wine vinegar
- 2 tbs Almond butter or peanut butter, melted slightly
- 2 tbs Honey or sweetener of choice to taste
- 1 tbs Crushed red pepper (optional)

Toppings

- 1/4 cup Roasted sliced almonds
- 2 tbs Toasted sesame seeds
- 1/4 cup Cilantro or green onions, sliced



Preparation:

To make the dressing, add everything for the dressing in a small bowl and whisk until well combined.

Add cabbage and chopped romaine to a large bowl and toss with dressing and refrigerate for at least 15 minutes, or up to 4 hours. Just before serving add toasted almonds, sesame seeds, and cilantro or green onions if desired. Pair with your favorite protein to make a complete meal!

This recipe makes 4 servings. Each serving provides an estimated 5 grams protein, 14 grams carbohydrate and 10 grams fat.