

Asian Salad with Spicy Peanut Dressing

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-edamame-bean-recipe>

Ingredients:

- 1/4 cup creamy peanut butter room temperature
- 2 1/2 tablespoons rice wine vinegar
- 1 lime 1 1/2 tbsp
- 2 tablespoons low sodium tamari sauce
- 2 cloves garlic finely minced or use garlic press
- 1 teaspoon ginger grated
- 1 tablespoon honey
- 1 teaspoon toasted sesame oil
- 2 tablespoons avocado oil
- 1 teaspoon chili paste Huy Fong, or 1/4 tsp crushed red pepper flakes, or more depending on preference
- 1 head romaine washed/dried, cut into 1 inch sections, about 4 cups
- 1 cup purple cabbage shredded
- 1 cup green cabbage shredded
- 1/2 cup matchstick carrots
- 1/2 cup edamame beans prepared according to package
- 1/3 cup cashews roughly chopped
- 1/4 cup cilantro roughly chopped
- 1/3 cup crispy chow mein noodles

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 29 grams
3. Fat: 26 grams
4. Fiber: 8 grams
5. Protein: 13 grams
6. SaturatedFat: 4.5 grams

7. Sodium: 690 milligrams

8. Sugar: 11 grams

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