

Japanese Restaurant Salad with Carrot-Ginger Dressing

Yield: 5 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-miso-salad-recipe>

Ingredients:

- 3 carrots medium-size, peeled and cut into about 1-inch chunks
- 2 inches fresh ginger peeled and cut into disks
- 1 shallot
- 1/4 cup minced onion
- 3 tablespoons rice vinegar
- 3 tablespoons rice vinegar
- 1 1/2 tablespoons white wine vinegar
- 1/4 cup canola peanut, or vegetable oil
- dark sesame oil 1 tablespoon Asian, see Notes
- 1 teaspoon granulated sugar
- 4 teaspoons miso paste optional, but recommended
- 2 teaspoons mirin optional; see Notes
- 7 cups romaine lettuce thinly sliced, about 1½ heads lettuce or 2 hearts of romaine
- 2 kale big leaves of, ribs removed and sliced in a chiffonade
- 1/2 cup carrots shredded peeled
- 1/2 cucumber preferably seedless or English, peeled, cut in half lengthwise, and thinly sliced crosswise
- 1 handful cherry tomatoes
- 1 cup broccoli florets steamed tiny, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 16 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams

7. Sodium: 220 milligrams

8. Sugar: 6 grams

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