Growing connections to fresh food.

Crunchy Asian Vegetable Salad

Contributed by Dena F., Hopelink Harvest volunteer
Inspired by ClaireKCreations.com

Ingredients:
• ¼ cup soy sauce or tamari
• ¼ cup white vinegar
• 1 tbsp brown sugar
• 1 tsp sesame (or vegetable) oil
• ¼ cup water
• 1 tbsp olive (or vegetable) oil
• ½ large Chinese or green cabbage, shredded
• 1 medium carrot, sliced in thin rounds
• 1 medium zucchini, sliced in thin rounds
• 10 snow peas, chopped
• ¼ cup sliced or slivered almonds or other nut, toasted or raw
• Optional: 1 tbsp toasted sesame seeds, toasted or raw
• ½ packet (~50g) fried noodles (Chang's)

Method:
1. Heat soy sauce, vinegar, sugar, water and sesame oil in saucepan over low heat, stirring until sugar has dissolved.
2. Transfer to a jar, add olive oil, stir, and set aside to cool.
3. Put vegetables and nuts in large bowl and toss with cooled dressing.
4. Garnish with noodles and optional sesame seeds. – Enjoy!

For more healthy recipes:
www.hopelink.org/need-help/food/healthy-recipes

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