

# 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](http://www.hopelink.org/need-help/food/healthy-recipes)

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Growing Connections to Fresh Food

