

Crunchy Asian Salad ©

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Health Benefits: High in fiber, antioxidants and minerals. Mung bean sprouts and alfalfa sprouts are very high in enzymes which aiding in digestion and cellular repair.

Be sure and have these veggies ready in your Salad Bar Box to make dinner quick and easy.

You could also pack this salad as a Mason Jar salad with the dressing on the bottom and layer in this way:

Add to a wide mouth mason jar in this order (pack tight to last for up to 7 days in the refrigerator):

Salad dressing
Crunchy veggies
Protein
Greens
Sprouts

Crunchy Asian Salad

Ingredients

Bed of favorite lettuce
Shredded cabbage
Chopped snow peas
Red Pepper
Radish
Cucumber
Alfalfa sprouts, Mung Bean Sprouts
Gomasio (for topping)
Broccoli florets
Kelp (Optional)

Asian Dressing serves 1 person

- 1 Tablespoon Braggs Amino Acids
- 1 Tablespoon Raw Apple Cider Vinegar
- 2 Tablespoons Toasted Sesame oil
- 1 teaspoon freshly grated ginger
- 1 clove garlic minced and crushed
- 1 teaspoon raw local honey (or 4-6 drops liquid stevia)
- ¼ teaspoon Dijon mustard (for binder)

Red pepper flakes to taste

Whisk all together, add to salad and toss.

NOTE: If you want to use a prepared dressing look for one with no dairy or chemical preservatives and try to find one with no soybean or canola oil.

This would also be great with some fresh cilantro in the salad for flavor and digestion.

Animal Protein: 2-4 ounces of Grilled free-range chicken or organic rotisserie chicken

Vegan Protein: 2 Tablespoons raw or roasted cashews and ¼ cup quinoa