Asian Slaw with Peanut Butter Dressing



Makes:

8 servings

Utensil:

Saladmaster Food Processor 9" Small Skillet with Cover 3.5 Qt. Double Walled Bowl 7" Santoku Knife Rate

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Contributed By:

Isis Israel Authorized Saladmaster Dealer <u>Write a Review</u>

Recipe Description:

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You will love this salad recipe as it is a great side dish, perfect for a family meal or a potluck. Great Asian flavors and so quick to make - enjoy!

Slaw

Peanut Butter Dressing

1/4

cup honey or agave (84 g) $\frac{1}{4}$

nectar

cup Directions:

olive or sesame oil (try half olive oil and half roasted sesame oil)

(60 mL)

Place edamame in skillet and cook on medium heat. When 1. Vapo-Valve™ clicks, reduce heat to low and cook edamame until cooked-crisp. Rinse in cold water.

2. Combine all of the slaw ingredients in a large bowl. Add dressing and toss well. Let sit at least 10 minutes so vegetables have a chance to soak up the dressing. Taste and adjust seasoning if necessary. Serve cold.

Dressing

1. Combine all ingredients in medium bowl. Stir with a whisk until peanut butter is dissolved. I like blending it with a blender - it's quicker to dissolve the peanut butter.

Tips:

- It is important to use organic peanut butter- try the fresh ground. Store-bought peanut butter can be full of hydrogenated oils and sugar.
- If you have an allergy to peanuts try using almond butter or sesame butter (tahini).
- Sprinkle with black sesame seeds for a dramatic presentation.
- The word edamame means "Beans on Branches." Edamame is a green vegetable more commonly known as a soybean, harvested at the peak of ripening right before it reaches the "hardening" time. A great addition to soups, salads and a yummy snack!

Nutritional Information per

*Serving

Calories: 239
Total Fat: 15g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 143mg
Total 26g

Carbs:

Dietary Fiber: 5g Sugar: 14g Protein: 7g