

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

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Contributed By:

Isis Israel
Authorized Saladmaster Dealer
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Recipe Description:

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

4

cups

¹/₂ each cabbage and broccoli stalks, strung, use Cone #2

(280

g)

2

cups

carrots, strung, use Cone #2

(220

g)

3

cups

daikon radish ?noodles?, strung, use Cone #2

(350

g)

10

small

radishes, sliced, use Cone #4

1

medium

red pepper, thinly sliced into bite size pieces

1

cup

edamame (available fresh or frozen), pre-cooked and shelled

(155

g)

2

medium

scallions, finely chopped

¹/₂

cup

peanuts, salted, organic, chopped

(72

g)
¹?₂

cup

fresh cilantro, loosely packed, chopped

(20

g)

Peanut Butter Dressing

¹?₄

cup

honey or agave nectar

(84

g)

¹?₄

cup

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

(60

mL)

¹?₄

cup

rice vinegar, unseasoned

(60

mL)

1

tablespoon

soy sauce, tamari or shoyu

(15

mL)

1

teaspoon

roasted sesame oil

(5

mL)

2

tablespoons

peanut butter, organic

(32

g)

1

teaspoon

Sriracha hot sauce

(5

mL)

1

tablespoon
fresh ginger, shredded, use Cone #1
(6
g)
1
large
garlic clove, shredded, use Cone #1

Directions:

1. Place edamame in skillet and cook on medium heat. When 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 Carbs:

26g

Dietary Fiber:

5g

Sugar:

14g

Protein:

7g