

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chopped Thai Salad with Honey Garlic Dressing

From www.melskitchencafe.com

Dressing:

¼ cup light olive oil or avocado oil
2 cloves garlic, peeled
⅓ cup soy sauce or coconut aminos
2 Tbsp water
2 Tbsp unseasoned rice vinegar
1 heaping Tbsp honey
1 tsp sesame oil
1 Tbsp fresh grated ginger
½ to 1 Tbsp fresh lime juice

Salad:

4 cups chopped kale or baby kale (about 4 ounces)
4 cups chopped romaine lettuce (about 4-5 ounces)
3 large carrots, peeled and small diced
1 red bell pepper, seeded and small diced
1 yellow bell pepper, seeded and small diced
½ cup chopped cilantro
1 to 2 green onions, white and green parts chopped
¾ cup roasted cashews

1. Combine all the dressing ingredients together in a blender and process until smooth. Season to taste with salt and pepper, if needed.
2. In a serving bowl, add the chopped kale, romaine, carrots, bell peppers, cilantro, and green onions.
3. Add the cashews to a food processor (or blender, or chop by hand) and pulse until coarsely chopped to desired texture. Add the cashews to the salad bowl.
4. Give the salad ingredients a good toss.
5. Pour about half of the dressing over the salad, and toss to combine. Add additional dressing to taste and serve immediately.