



Broccoli Salad with Almond and Chile Dressing

Serves 6 to 8

A highly flavorful dressing featuring almond butter, ginger, garlic, dates and chile pepper makes a delicious accompaniment to broccoli and bean sprouts. Serve it over soba noodles if you like.



Ingredients:

- 1/2 cup almond butter
- 1 1/2 tablespoons lemon juice
- 2 tablespoons chopped pitted dates, raisins or prunes
- 1 tablespoon chopped fresh ginger
- 2 cloves garlic, roughly chopped
- 1/2 teaspoon fine sea salt or 1 tablespoon reduced-sodium tamari
- 1/2 small serrano pepper (optional), finely chopped
- 2 heads broccoli, cut into florets and lightly steamed
- 1/3 cup chopped fresh cilantro, plus more for garnish
- 1 1/2 cups mung bean sprouts

Method:

In a blender or food processor, purée almond butter, lemon juice, dates, ginger, garlic, salt, pepper and 1/3 cup water until smooth. Transfer dressing to a large bowl, add broccoli and

cilantro and toss well. Cover and marinate for up to 1 hour. Arrange bean sprouts on a large platter, top with broccoli, garnish with cilantro and serve.

Nutritional Info:

Per Serving: 150 calories (90 from fat), 10g total fat, 0.5g saturated fat, 0mg cholesterol, 180mg sodium, 10g carbohydrate (3g dietary fiber, 5g sugar), 6g protein

Special Diets:

- [Dairy Free](#) ^[1]
- [Raw](#) ^[2]
- [Vegan](#) ^[3]
- [Vegetarian](#) ^[4]

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our [Terms of Service](#). ^[5]