



Pad Thai Salad

SERVES 1

450 calories per serving
25 g fat (4 g saturated)
45 g carbs
6 g fiber
18 g protein

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Vegetarian

INGREDIENTS

For Dressing

- 1 1/2 tablespoons peanut butter
- 1 tablespoon rice vinegar
- 2 teaspoons lime juice
- 2 teaspoons toasted sesame oil
- 1 teaspoon low-sodium tamari or soy sauce
- 1/2 teaspoon Sriracha
- 1/2 teaspoon grated ginger
- 1/2 teaspoon finely chopped garlic

RECIPE WILDCARD

(<http://www.self.com/body/recipes/2009/02/bean-and-bello-burger/>)
(<http://www.self.com/body/recipes/2009/02/bean-and-bello-burger/>)

BROWSE

Vegetarian

For Salad

1 head purple cabbage

1 cup finely chopped kale

2/3 cup canned chickpeas

1/2 cup chopped red bell pepper

1/4 cup shredded carrots

PREPARATION

In a mason jar or other container, shake together 1 1/2 tbsp peanut butter, 1 tbsp rice vinegar, 2 tsp lime juice, 2 tsp toasted sesame oil, 1 tsp low-sodium tamari or soy sauce, 1/2 tsp Sriracha, 1/2 tsp grated ginger, 1/2 tsp finely chopped garlic and 3 tbsp water. Thinly slice 1 head purple cabbage and toss 1/2 cup with dressing (refrigerate remainder), along with 1 cup finely chopped kale, 2/3 cup drained canned chickpeas, 1/2 cup chopped red bell pepper and 1/4 cup shredded carrots (set aside an additional 2/3 cup).

KEYWORDS: BELL PEPPER ([HTTP://WWW.SELF.COM/TAG/BELL-PEPPER/](http://www.self.com/tag/bell-pepper/)),
CABBAGE ([HTTP://WWW.SELF.COM/TAG/CABBAGE/](http://www.self.com/tag/cabbage/)),
CARROTS ([HTTP://WWW.SELF.COM/TAG/CARROTS/](http://www.self.com/tag/carrots/)),
CHICKPEAS ([HTTP://WWW.SELF.COM/TAG/CHICKPEAS/](http://www.self.com/tag/chickpeas/)),
GARLIC ([HTTP://WWW.SELF.COM/TAG/GARLIC/](http://www.self.com/tag/garlic/)),
GINGER ([HTTP://WWW.SELF.COM/TAG/GINGER/](http://www.self.com/tag/ginger/)),
KALE ([HTTP://WWW.SELF.COM/TAG/KALE/](http://www.self.com/tag/kale/)),
MASON JAR ([HTTP://WWW.SELF.COM/TAG/MASON-JAR/](http://www.self.com/tag/mason-jar/)),
PEANUT BUTTER ([HTTP://WWW.SELF.COM/TAG/PEANUT-BUTTER/](http://www.self.com/tag/peanut-butter/)),
RICE VINEGAR ([HTTP://WWW.SELF.COM/TAG/RICE-VINEGAR/](http://www.self.com/tag/rice-vinegar/)),
SESAME OIL ([HTTP://WWW.SELF.COM/TAG/SESAME-OIL/](http://www.self.com/tag/sesame-oil/)),
SOY SAUCE ([HTTP://WWW.SELF.COM/TAG/SOY-SAUCE/](http://www.self.com/tag/soy-sauce/)),
SRIRACHA ([HTTP://WWW.SELF.COM/TAG/SRIRACHA/](http://www.self.com/tag/sriracha/)),
VEGETARIAN ([HTTP://WWW.SELF.COM/TAG/VEGETARIAN/](http://www.self.com/tag/vegetarian/))

