

Bok Choy and Pineapple Salad with Peanut Dressing

by Lisa Lavery

Difficulty: **Easy** | Total Time: **25 mins** | Makes: **8 servings**

This light and refreshing salad is a loose interpretation of the popular Indonesian dish gado-gado. In our easy version, a spiced peanut dressing is blended until creamy and then tossed with thinly sliced raw baby bok choy, pineapple, carrots, cucumber, cilantro, and scallions. To turn this healthy side dish into a flavorful meal, top it with some broiled tofu or Drunken Shrimp.

What to buy: Look for chile-garlic paste in the Asian section of your supermarket. We like the one made by Huy Fong Foods (with the rooster on the jar).

Game plan: You can prepare the vegetables a few hours ahead of time and store them separately in the refrigerator. The dressing can also be prepared a few hours ahead, but it may need to be reblended when you're ready to serve. Make sure to dress the salad just before serving; otherwise it'll wilt as it sits.

This recipe was featured as part of our Chunky, Unusual Summer Salads.

Ingredients

For the dressing:

1/4 cup natural smooth peanut butter (no added sugar or salt)

2 tablespoons freshly squeezed lime juice (from about 2 medium limes)

2 tablespoons soy sauce

2 teaspoons packed dark brown sugar

2 teaspoons fish sauce

1 medium garlic clove, smashed

1 teaspoon chile-garlic paste

2 tablespoons vegetable oil

For the salad:

2 pounds baby bok choy

2 1/2 cups fresh small-dice pineapple (from about 1/2 medium pineapple)

2 medium carrots, peeled, halved lengthwise, then thinly sliced crosswise

1/2 medium English cucumber, quartered lengthwise, then thinly sliced crosswise

1 cup coarsely chopped fresh cilantro

1/2 cup roasted, salted peanuts, coarsely chopped

2 medium scallions, thinly sliced (white and light green parts only)

Instructions

For the dressing:

1. Place all of the ingredients except the oil in a blender and blend on high until smooth. With the motor running, slowly stream in the oil until it is fully incorporated; set the dressing aside in the blender.

For the salad:

1. Cut the bok choy in half lengthwise, rinse it, and dry it. Cut the leaves crosswise into 1-inch-wide ribbons, cut the stalks crosswise into 1/4-inch pieces, and transfer both to a large bowl.
2. Add the remaining ingredients, drizzle with the dressing, and toss to combine. Serve immediately.

SOURCE: <http://www.chowhound.com/recipes/bok-choy-and-pineapple-salad-with-peanut-dressing-30351>

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