

Recipe

Asian Chopped Salad

By

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Ingredients

- 4-6 cups of lettuces (mixed variety)
- ¼ cup shredded carrot
- ¼ cup shredded purple/red cabbage
- ½ cup nuts
- ½ cup bean sprouts

Dressing:

3 tbsp oil

1/3 cup brown sugar

2 tbsp sesame oil

2 tbsp vinegar*

2 tbsp lemon juice

6 tbsp soy sauce

2 tbsp minced ginger

1 tbsp toasted sesame seeds

Preparation

Mix all vegetables together in a medium bowl. Set aside.

To make dressing: whisk all the ingredients well.

Just before serving, add the nuts and dressing in the bowl.

*I used Chinese vegetarian vinegar; you may use rice vinegar or just any vinegar you have.

Serves

4

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