

Asian Chopped Salad with Carrot Ginger Dressing

<https://cookieandkate.com/asian-chopped-green-salad-recipe/>

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YIELD: 4 servings

INGREDIENTS:

Dressing:

- 1/3 cup extra virgin olive oil
- 1/3 cup rice wine vinegar
- 2 large carrots, peeled and roughly chopped (about 2/3 cup)
- 2 Tbsp peeled and roughly chopped fresh ginger
- 2 Tbsp lime juice
- 1 Tbsp + 1 tsp honey
- 1 ½ tsp toasted sesame oil
- ¼ tsp salt, more to taste

Salad:

- 6 ounces chopped butter lettuce or romaine, washed and spun dry
- 1 ½ cups frozen shelled edamame (mukimame), thawed
- 1 ½ cups chopped purple cabbage
- ¾ cup chopped red onion
- Florets from 1 head of broccoli, finely sliced
- 1 red bell pepper, chopped
- 1/3 cup roughly chopped fresh cilantro

INSTRUCTIONS:

1. In a blender, combine all dressing ingredients as listed. Blend until smooth. Taste and add salt if needed. If it's too sour, add a bit more honey and blend.
2. Combine all salad ingredients in a large bowl. Toss to combine. Add enough dressing to lightly coat and toss to combine right before serving.

Kate's Tips and substitutions:

- Start with ¼ cup of rice wine vinegar, add more based on taste/desired thickness
- If making ahead, store dressing separately from the salad. Salad will keep undressed in the fridge for 3-4 days.
- Dressing will keep in the fridge, covered, for about 1 week. Stir before serving.
- Save time with pre-diced onion and pre-cut broccoli
- Edamame adds great protein so this salad is more substantial, however you could bulk it further by adding extra protein like chicken or shrimp and/or a cooked grain like edamame
- This dressing would also be delicious on a grain bowl or another type of green salad