

Asian Vegetables and Edamame with Ginger Peanut Sauce

Prep time:

25 minutes

Yields:

4-6 servings

Ingredients:

For the Dressing

- 2 tablespoons maple syrup
- 1/4 cup water
- 1/4 cup unseasoned rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon toasted sesame oil
- 1 tablespoon peanut butter
- 1/2 teaspoon salt
- 1/2 teaspoon Sriracha sauce (optional)
- 1 tablespoon minced fresh ginger
- 1 large garlic clove, minced (about 1 1/2 teaspoons)

For the Slaw

- 1 small head napa cabbage (about 1 quart)
- 2 large carrots, peeled and grated on the large holes of a box grater (about 2 cups)
- 1 red bell pepper, thinly sliced
- 2 cups cooked and shelled edamame
- 2 medium scallions, finely sliced on a sharp bias
- 1/2 cup chopped or whole peanuts
- 1/2 cup loosely packed chopped fresh cilantro

Directions:

Combine all of the dressing ingredients in a medium bowl. Stir until the peanut butter is dissolved. Set aside.

Combine all of the slaw ingredients in a large bowl. Add the dressing and toss well. Taste and adjust seasoning with salt or Sriracha sauce if necessary. Serve cold.

Chef Mat Shalenko

June Health and Wellness