



# ASIAN BOK CHOY SALAD

## MAKES 4 SERVINGS

### Ingredients:

#### Salad

- 3 c Bok Choy, thinly sliced
- 1 c carrot, grated
- 1 c purple cabbage, thinly sliced
- ½ c fresh cilantro, finely chopped
- 1 red bell pepper, diced
- 1 c shelled edamame beans
- ½ c slivered or sliced almonds
- 3 green onions, chopped (optional)
- Crushed red pepper flakes (optional)

#### Dressing

- 2 Tbsp honey
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame seed oil
- 1 minced garlic clove
- 4 Tbsp low sodium soy sauce

### Directions:

After cutting the vegetables, combine them in a large bowl. In a separate, bowl combine honey, rice wine vinegar, sesame oil, garlic, and soy sauce. Pour the liquid mixture over the vegetables. Stir to coat evenly. Garnish with sesame seeds, crushed red pepper flakes, and green onions. Serve cold.