

SALADS

Asian Bok Choy Salad

Makes 4 servings · about 1½ cups each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 8 g · Fiber 5 g · Calories 225	

Ingredients

- Salad: 3 cups bok choy, thinly sliced
- Salad: 1 cup carrot, grated
- Salad: 1 cup purple cabbage, thinly sliced
- Salad: ½ cup fresh cilantro, chopped
- Salad: 1 red bell pepper, diced
- Salad: 1 cup shelled edamame
- Salad: ½ cup almonds, slivered or sliced
- Salad: 3 green onions, chopped (optional)
- Salad: crushed red pepper flakes (optional)
- Dressing: 2 Tbsp honey
- Dressing: 2 Tbsp rice wine vinegar
- Dressing: 1 Tbsp sesame oil
- Dressing: 1 garlic clove, minced
- Dressing: 4 Tbsp soy sauce

Directions

1. Combine all cut vegetables and the edamame in a large bowl.
2. In a mason jar, combine the honey, rice wine vinegar, sesame oil, garlic, and soy sauce; shake until combined.
3. Pour the dressing over the vegetables and stir to coat evenly.
4. Garnish with sesame seeds, almonds, and crushed red pepper flakes.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Asian Bok Choy Salad

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium head bok choy (about 3 cups sliced)
- ☐ 2 medium carrots (about 1 cup grated)
- ☐ 1 medium head purple cabbage (about 4½ cups sliced)
- ☐ 1 bunch cilantro (about ½ cup)
- ☐ 1 red bell pepper
- ☐ 1 cup shelled edamame
- ☐ 3 green onions
- ☐ 1 garlic clove

PANTRY & DRY GOODS

- ☐ ½ cup almonds, slivered
- ☐ 4 Tbsp soy sauce

CHECK YOUR PANTRY

- ☐ Red pepper flakes
- ☐ Honey
- ☐ Rice vinegar
- ☐ Sesame oil