



Crisp Asian Salad

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

54.6 calories, 7.04 g carbohydrate, 1.94 g fiber, 5.1 g NET carbs, 1.56 g protein, 2.43 g fat

Ingredients

- 3 tsp(s) Coconut Secret Coconut Aminos
- 1 medium organic carrot, halved and cut in 3-inch by ¼-inch
- 1 Tbsp organic lemon juice
- 1 cup fresh organic snow pea pods
- 1/2 cup(s) fresh organic green beans
- 2 cup(s) fresh organic bok choy white part only, chopped
- 1 ounce organic water chestnuts, canned
- 2 tsp(s) organic toasted sesame oil
- 4 Tbsp(s) chopped fresh organic chives
- 2 Tbsp(s) organic white wine vinegar

Preparation

1. Bring a medium-sized pot of water to a boil. Fill a large bowl with cold water and ice cubes.
2. Blanch the pea pods for 30 seconds. Use a slotted spoon to transfer them to the ice water.
3. Add the beans to the pot and cook 2 minutes. Transfer them to the ice water.
4. Blanch the carrot pieces 3 minutes, then add them to the ice water.
5. Drain the vegetables well, and place them in a bowl.
6. Add the bok choy, water chestnuts, and chives to the other vegetables.
7. Whisk the vinegar, coconut aminos, and lemon juice into the sesame oil.
8. Pour dressing over the vegetables, tossing to coat them.
9. Serve immediately.

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