

Asian Slaw with Peanut Butter Dressing



Sirve:

8 servings

Pieza:

Saladmaster Food Processor
9" Small Skillet with Cover
3.5 Qt. Double Walled Bowl
7" Santoku Knife

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

You will love this salad recipe as it is a great side dish, perfect for a

family meal or a potluck. Great Asian flavors and so quick to make - enjoy!

Slaw

Peanut Butter Dressing

$\frac{1}{4}$
cup honey or agave (84 g) $\frac{1}{4}$
nectar

cup **Preparación :**
olive or sesame oil (try half olive oil and half roasted sesame
oil)
(60 mL)

- Place edamame in skillet and cook on medium heat. When 1. Vapo-Valve™ clicks, reduce heat to low and cook edamame until cooked-crisp. Rinse in cold water.
2. Combine all of the slaw ingredients in a large bowl. Add dressing and toss well. Let sit at least 10 minutes so vegetables have a chance to soak up the dressing. Taste and adjust seasoning if necessary. Serve cold.

Dressing

1. Combine all ingredients in medium bowl. Stir with a whisk until peanut butter is dissolved. I like blending it with a blender - it's quicker to dissolve the peanut butter.

Consejos:

- It is important to use organic peanut butter- try the fresh ground. Store-bought peanut butter can be full of hydrogenated oils and sugar.
- If you have an allergy to peanuts try using almond butter or sesame butter (tahini).
- Sprinkle with black sesame seeds for a dramatic presentation.
- The word edamame means "Beans on Branches." Edamame is a green vegetable more commonly known as a soybean, harvested at the peak of ripening right before it reaches the "hardening" time. A great addition to soups, salads and a yummy snack!

Información nutricional por ración

Calorías: 239
Grasa Total: 15g
Grasa 2g
Saturada:
Colesterol: 0mg
Sodio: 143mg
Carbohidratos: 26g
Fibra 5g
Dietética:
Azúcar: 14g
Proteína: 7g