Cabbage and Carrot Salad with Peanut Sauce

Serves 4

Ingredients
- 1 – 3 ¼ oz package of bean threads (cellophane noodles)*
- ¼ cup reduced sodium chicken broth
- 3 Tbsp creamy peanut butter
- 2 Tbsp reduced sodium soy sauce
- 2 Tbsp honey
- 1 tsp lime juice
- ½ tsp toasted sesame oil
- 1 garlic clove, minced
- 3 cups shredded cabbage
- 1 cup coarsely shredded carrots (2 medium)
- ¼ cup fresh cilantro leaves, chopped
- ¼ cup peanuts, roasted

Preparation

In a large bowl soak bean threads in enough hot water to cover for 10 minutes. Drain well. Cut bean threads into smaller strands. Meanwhile in a large bowl, combine broth, peanut butter, soy sauce, honey, lime juice, sesame oil, and garlic. Add cabbage and carrots. Toss to combine. Divide noodles among four serving plates. Top with cabbage mixture. Sprinkle with cilantro and peanuts. Serve with lime wedges.

Calories 278, Total Fat 10g, Sat Fat 2g, Sodium 442mg, Carbohydrates 44g, Fiber 4g, Sugars 14g, Protein 6g

From www.twopeasandtheirpod.com

* Bean threads or cellophane noodles can be found in the Asian foods section at the grocery store.

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