



CITRUS PEANUT ZOODLE SALAD

YIELD 4 SERVINGS

SALAD INGREDIENTS:

2 each	Zucchini
1 each	Carrot, Large
1 each	Red Bell Pepper
½ cup	Shelled Edamame
½ cup	Bean Sprouts
¼ cup	Peanuts
1 each	Cilantro, Small Bunch
1 Tbsp.	Sesame Seeds

DRESSING INGREDIENTS:

1 Tbsp.	Dijon Mustard
¼ cup	Rice Vinegar
1 tsp	Soy Sauce
1 tsp	Grated Ginger
1 tsp	Grated Garlic
1 Tbsp.	Honey
1 Tbsp.	Orange Juice
1 tsp.	Orange Zest
½ cup	Canola Oil

METHOD

1. Rinse all produce and herbs.
2. In a mixing bowl, combine dijon mustard, rice vinegar, soy sauce, ginger, garlic, honey, orange juice and orange zest. Whisk to combine. Slowly whisk in oil, mixing constantly to combine. Set dressing aside.
3. Cut 1/8 of an inch off one end of the zucchini. Place other end on spiralizing machine. Twist zucchini through machine to create zoodles. If you don't have a spiralizing machine, you can use a vegetable peeler and create ribbons.
4. Peel carrot and spiralize using same method as zucchini
5. Cut red bell pepper into julienne.
6. Toast peanuts and sesame seeds in a dry nonstick pan.
7. Chop cilantro into large pieces.
8. Combine all salad ingredients and toss with dressing. Garnish with the peanuts, sesame seeds and cilantro.

SHOPPING LIST

PRODUCE

- Zucchini, 2 ea
- Carrot, 1 ea
- Red Bell Pepper, 1 ea
- Shelled Edamame, 1 - 10 oz bag
- Bean Sprouts, 1 - 7oz bag
- Cilantro, 1 bunch
- Garlic, 1 head

DRY GOODS

- Dijon Mustard
- Rice Vinegar
- Soy Sauce
- Honey
- Orange, 1 ea
- Peanuts
- Sesame Seeds
- Canola Oil

EQUIPMENT LIST

- Cutting Board & Knife
- Saucepan, small
- Nonstick Pan
- Mixing Bowl
- Spatula
- Whisk
- Tasting spoons
- Vegetable Spiralizer or Peeler