

Chopped Thai Cabbage Salad

Ingredients

For the Salad

- 1 red bell pepper, diced
- 1 cup shredded carrots
- 2 cups shredded red cabbage
- 1 (15 ounce) can chickpeas, rinsed and drained
- ½ cup cilantro, finely chopped
- ¼ cup finely chopped green onion
- ½ jalapeño, seeded and diced (can be omitted)

For the curry peanut butter dressing:

- 2 Tbsp. peanut butter, preferably with no sugar
- ½ Tbsp. freshly grated ginger
- 1 clove garlic, minced
- 1 tsp. rice vinegar
- 1 tsp. curry powder
- ¼ tsp. red cayenne pepper (can be omitted)
- ¼ tsp. ground turmeric
- Salt and freshly ground black pepper, to taste
- 2-3 Tbsp. warm water, to thin dressing

Directions:

For the dressing:

In a small bowl, mix together the dressing ingredients: peanut butter, ginger, garlic, apple cider vinegar, curry powder, cayenne pepper, and turmeric. Mix to combine. Add water to thin if necessary to make a dressing like consistency.

For the salad:

In a large bowl, add red bell pepper, carrot, cabbage, chickpeas, cilantro, green onion and jalapeño.

Pour dressing over veggies and toss until well-combined.

Pour over salad and mix well to combine. Garnish with extra cilantro if desired.
Serves 4.

(this is an adaptation of a recipe from AmbitiousKitchen.com)