

# Somewhere Over the Rainbow Salad

This asian-inspired slaw-salad is a colorful treat to bring to a barbeque or potluck dinner. The variety of veggies in this salad add tons of Vitamins A and C.

Serves 12



## Ingredients

### Salad

- 3 cups broccoli slaw
- 3 cups shredded carrots
- 1 red pepper
- 1 cup steamed and shelled edamame
- 2 green onions, thinly sliced
- ½ cup peanuts
- ½ cup finely chopped cilantro

### Dressing

- ¼ cup honey
- ¼ cup vegetable oil
- ¼ cup rice vinegar
- 1 tablespoon soy sauce
- 1 tablespoon peanut butter
- ½ teaspoon salt
- 3 teaspoons fresh grated ginger
- 2 teaspoons minced garlic

## Nutrition Facts

Serving Size Approximately 1 cup  
Servings Per Recipe About 12

Amount Per Serving

**Calories** 140    **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g    **12%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 210mg    **9%**

**Total Carbohydrate** 15g    **5%**

Dietary Fiber 2g    **8%**

Sugars 10g

**Protein** 3g

Vitamin A 120%    •    Vitamin C 60%

Calcium 4%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | Calories: 2,000 | 2,500   |
|--------------------|-----------|-----------------|---------|
| Total Fat          | Less than | 65g             | 80g     |
| Saturated Fat      | Less than | 20g             | 25g     |
| Cholesterol        | Less than | 300mg           | 300mg   |
| Sodium             | Less than | 2,400mg         | 2,400mg |
| Total Carbohydrate |           | 300g            | 375g    |
| Dietary Fiber      |           | 25g             | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

1. In a food processor or blender, blend honey, vegetable oil, rice vinegar, soy sauce, peanut butter, salt, ginger, and garlic. Set aside.
2. In a large bowl, add the broccoli slaw, shredded carrot, red pepper, edamame, and green onion. Toss until mixed.
3. Pour dressing over salad and stir until coated evenly.
4. Add peanuts and cilantro to the salad and toss once more.
5. Serve chilled.

Please note: nutritional values are approximate.

