



RECIPE OF THE MONTH CHOPPED THAI SALAD WITH SESAME GARLIC DRESSING

Ingredients for the dressing:

- ¼ cup canola oil
- 3 cloves garlic, peeled
- 3 tablespoon low sodium soy sauce
- 2 tablespoon water
- 2 tablespoon white distilled vinegar
- 2 tablespoon honey
- 1 tablespoon sesame oil
- 1 tablespoon sliced fresh ginger (or ¼ tsp powdered ginger)
- a squeeze of lime juice

Ingredients for the salad:

- 16 oz frozen shelled edamame
- 5-6 cups baby kale or pre-slices coleslaw mix
- 3 large carrots
- 2 bell peppers (1 red, 1 yellow)
- 1 cup cilantro leaves
- 3 green onions

Directions:

1. Puree all the dressing ingredients in a food processor until smooth. Taste and adjust to fit your preferences. Transfer to a dressing jar and rinse the food processor out for use later.
2. Cook the edamame by boiling it for 3-5 minutes in a pot of boiling water or microwave for same amount of time with a splash of water. Drain and allow it to cool. Meanwhile, slice up the kale, carrots, peppers, cilantro leaves and green onions into thin strips or shreds.
3. Place the cooked edamame in the food processor and pulse 5 times to get a minced texture and transfer to a bowl. Toss the kale, carrots, peppers, cilantro, green onions, edamame and cashews together until well combines. Drizzle with the dressing, toss gently a few times and serve immediately.

Recipe modified via [Pinch of Yum](#)



RECIPE OF THE MONTH SPRING ROLLS

Ingredients for the spring rolls:

- 2 cups water
- 8 large shrimp (pawns), peeled and deveined
- 1 ounce cellophane noodles
- 1 cup boiling water
- ½ cup shredded carrot
- ¼ cup peeled, seeded and julienne cucumber
- ½ cup thinly slices Napa cabbage
- ½ cup bean sprouts
- 2 tablespoons chopped fresh cilantro or fresh coriander
- 4 rice-paper wrappers, 8 inches in diameter
- 4 large fresh basil leaves, halved lengthwise

Ingredients for the sauce

- 2 tablespoons hoisin sauce
- 1 green (spring) onion, including tender green top, thinly sliced
- 1 ½ tablespoons fresh lime juice
- ½ teaspoon fish sauce
- 2 teaspoons chopped peanuts/peanut butter
- ¼ teaspoon red pepper flakes
- Pinch of brown sugar

Directions:

1. In a saucepan, bring the 2 cups water to a boil. Add the shrimp and immediately remove the saucepan from the heat. Cover and poach until pink and opaque throughout, about 3 minutes. With a slotted spoon, transfer the shrimp to a bowl of ice water and let cool for 3 minutes. Drain and cut each shrimp in half lengthwise. Refrigerate until ready to use.
2. In a heatproof bowl, combine the noodles and boiling water and soak for 10 minutes. Drain and return the noodles to the bowl. Add the carrot, cucumber, cabbage, bean sprouts and cilantro. Toss gently to mix.
3. Place a double thickness of paper towels on a work surface. Fill a large, shallow baking dish with water. Place 1 rice-paper wrapper in the water and soak until pliable, about 10 seconds. Carefully transfer the wrapper to the paper towels and turn once to blot dry. Arrange ½ cup of the noodle mixture on the bottom half of the wrapper.
4. Fold the bottom edge toward the center and roll up the wrapper halfway, making sure to wrap tightly around the filling. Tuck 2 basil leaf halves along the inside crease of the half-rolled wrapper. Arrange 4 pieces of the shrimp, cut sides up, along the crease. Fold the right and left edges of the wrapper over the filling and finish rolling up. Repeat with the remaining wrappers, filling, basil and shrimp. Transfer the rolls to a plate and cover with dampened paper towels.
5. To make the sauce, combine the hoisin sauce, green onion, lime juice, fish sauce, peanuts, red pepper flakes and brown sugar in a small bowl. Stir until well-blended.
6. To serve, cut the rolls in half on the diagonal and place on small individual plates. Pool the sauce alongside each roll.

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