



A Cook's Companion

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Spiralized Broccoli Salad with Ginger Peanut Dressing

Serves 4

We love using all the broccoli parts, but find it harder to use the nutritious stalks compared with the green florets. This recipe solves that problem! Broccoli stalks are ideal for spiralizing – that is, the thick stalks are transformed into uniformly cut spaghetti-sized spirals making them very accessible to tasty dressings. This salad features another cruciferous vegetable, cabbage, along with the colorful additions of carrots, edamame, red pepper, scallions, and cilantro. The dressing unifies the crunchy, flavorful veggies with an Asian flair. The result is a delicious salad that everyone will enjoy!

Salad Ingredients:

4-6 large broccoli stalks, spiralized into noodles
(reserve the florets for another use)
2 carrots, peeled, spiralized into noodles
1/2 cup edamame, fresh or thawed frozen
1/2 cup red cabbage, shredded
1 red pepper, seeded and diced
2 scallions, thinly sliced
1 tablespoon cilantro, roughly chopped
1 teaspoon toasted sesame seeds, optional garnish

Salad Dressing:

1 tablespoon peanut butter
1 tablespoon unseasoned rice vinegar
1 tablespoon soy sauce
1 teaspoon sriracha
1-1/2 tablespoons fresh lime juice (about 1 small lime)
1 clove garlic, minced
1-inch ginger, minced
3 tablespoons olive oil

Directions:

1. Spiralize the broccoli and carrots into "noodles." Toss the noodles together with the remaining prepared salad vegetables: edamame, red cabbage, red pepper, scallions, and cilantro.
2. In a food processor, blend all the dressing ingredients and puree until smooth.
3. Toss the vegetables together with the dressing. Allow to set for about 30 minutes to allow the vegetables to absorb the dressing flavors. Garnish with toasted sesame seeds, if desired.