

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Spiralized Broccoli Salad with Ginger Peanut Dressing

Serves 4

Salad Ingredients:

4-6 large broccoli stems, spiralized into noodles
2 carrots, spiralized into noodles
1/2 cup fresh edamame
1/2 cup red cabbage, sliced
1 red pepper, diced
2 green onions, sliced
cilantro, sliced
sesame seeds, as garnish

Salad Dressing:

1 tbsp peanut butter
1 tbsp unseasoned rice vinegar
1 tbsp soy sauce
1 tsp sriracha
juice of one lime
1 clove garlic, chopped
1" ginger, chopped
3 tbsp olive oil

Directions:

1. Spiralize broccoli and carrots into "noodles". Mix together of the remaining salad vegetables.
2. In a small food processor, blend together dressing ingredients until smooth.
3. Mix salad with dressing, and let sit for at least 30 minutes to flavor through.