

# Thai Inspired Jarred Salad

## **Dressing**

1/2 cup peanut butter  
2 Tbsp Sesame Oil  
2 Tbsp Rice Vinegar  
1 Tbsp soy sauce  
1 Tbsp slice fresh ginger root, peeled and minced (or 2 tsp ground ginger)  
2 Tbsp honey  
Juice from 1 fresh lime  
1/2 small clove garlic, minced  
Dash hot chili paste (optional)  
Water as needed to thin

## **Grain**

Soba noodles  
Rice noodles  
Whole wheat spaghetti  
Brown rice

## **Proteins (choose 1 or combination)**

1/2 cup cooked chicken (Rotisserie)	Boiled, chilled shrimp
1/2– 3/4 cup edamame	Firm, stir-fry tofu
1/2 cup chickpeas	

## **Vegetables (choose any you like)**

Chopped red pepper	Shredded Carrots
Thinly sliced cucumber	Chopped celery
Chopped scallions	Chopped Romaine
Corn	

**Toppings (Optional)**- Cilantro, Peanuts, Roasted Chickpeas



## **Preparation**

1. Make dressing and place 2 heaping Tbsp in bottom of wide mouth jar.
2. Add hearty portion of crunchy vegetables to jar.
3. Add Protein of choice.
4. Top with grain choice.
5. Top with romaine or green of choice.
6. Finish with any additional toppings.

\*The idea is to keep ingredients that can get soggy out of dressing until ready to eat! When ready to eat, dump contents of jar into large bowl and enjoy.

**Nutrition Facts Vary:** *dressing per 2 Tbsp: 200 Calories | 15g Fat | 5g Protein | 8g Carbohydrates*