

THAI SLAW WITH PEANUT DRESSING

A crisp, colorful slaw tossed in a creamy Thai peanut dressing, topped with crunchy peanuts — add chicken to make it a full meal



INSTRUCTIONS

1. Prep and toss the salad

- 6 cups shredded cabbage
- 1 cup matchstick carrots, roughly chopped
- 1 red bell pepper, cut into matchsticks
- 1/2 cup sliced green onions
- 1/3 cup chopped cilantro
- 2 cups sliced cooked chicken breast (grilled or rotisserie), optional, for a full meal

Add all the salad ingredients to a large bowl, along with the chicken if using, and toss to combine.

2. Make the dressing

- 2/3 cup natural creamy peanut butter (no sugar added)
- 4 Tbsp fresh lime juice
- 4 Tbsp rice vinegar
- 3 Tbsp tamari or coconut aminos
- 8 Tbsp monk fruit/allulose sweetener
- 1 Tbsp sesame oil
- 2 tsp sriracha
- 4 tsp peeled and finely minced ginger
- 2 large cloves garlic, finely minced

Whisk all the dressing ingredients together in a mixing bowl until well combined. Season with a little salt if needed.

3. Toss and top

- 1/4 cup peanuts, chopped
- Sesame seeds, optional

Pour the dressing over the salad and toss to coat. Sprinkle with the peanuts and sesame seeds if desired. Serve immediately.

NUTRITION (per serving, makes 6)

Estimated

Without chicken:

- Calories: 127
- Total Fat: 8g
- Total Carbs: 6g
- Fiber: 2g
- Net Carbs: 4g
- Protein: 4g

With chicken:

- Calories: 193
- Total Fat: 9g
- Total Carbs: 6g
- Fiber: 2g
- Net Carbs: 4g
- Protein: 17g

STORAGE

This slaw is best tossed and eaten fresh, since the cabbage gets soggy once dressed. If prepping ahead, store the salad, chicken, and dressing separately in the fridge — the veggies and chicken keep for 2 to 3 days, and the dressing keeps for 5 to 7 days. Combine just before serving.



Recipe created by Mind-Body Functional Health.
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