



Thai Salad Power Bowl

SERVINGS: 4

PREPPING TIME: 15 MINS

COOKING TIME: 5 MINS

INGREDIENTS

For the Salad:

- 16 medium shrimp, peeled and deveined
(about ½ lb)
- 1 tsp. sesame oil
- 2 cups cooked brown rice
- 1 cup shredded carrots
- 1 cup red cabbage, shredded
- 1 cup sugar snap peas
- 1 cup edamame, cooked and shelled
- ½ cup fresh cilantro, chopped
- ¼ cup fresh basil, chopped
- 4 cups arugula
- ¼ cup chopped peanuts (for garnish)

For the Dressing:

- 2 tbsp. low-sodium soy sauce or tamari
- 1 tbsp. almond butter
- 1 tbsp. rice vinegar
- 1 tbsp. lime juice
- 1 tbsp. maple syrup or honey
- 1 tsp. grated fresh ginger
- 1 clove garlic, minced
- 1 tsp. sesame oil (optional, for flavor)

DIRECTIONS

1. Heat sesame oil in a pan over medium-high heat. Cook shrimp for 2-3 minutes per side or until they turn pink and opaque. Be careful not to overcook. Remove from heat and set aside.
2. Blanch the sugar snap peas in boiling water for 1-2 minutes, then transfer to an ice bath to cool. Drain and pat dry.
3. In a small bowl, whisk together the soy sauce or tamari, almond butter or tahini, rice vinegar, lime juice, maple syrup or honey, ginger, garlic, and sesame oil if using.
4. Divide the cooked brown rice among serving bowls. Top with the vegetables and shrimp. Drizzle the dressing over the salad and garnish with chopped cilantro and a sprinkle of chopped peanuts.

NUTRITION

Serving size: 2 ¼ cup
(per serving) 349.1 calories, 11.6g fat, 1.5g saturated fat, 42.2mg cholesterol, 525.6mg sodium, 45.1g carbohydrate, 6.8g fiber, 9.8g sugar, 19.1g protein