



# Crunchy Asian Salad

4 Servings • 1 Serving = ½ Cup

## INGREDIENTS

- 1 (15 ounce) can garbanzo beans, rinsed and drained
- ¼ cup snow peas, thinly sliced
- ½ cup red bell pepper, sliced
- ¼ cup yellow bell pepper, sliced
- ¼ cup cucumber, peeled, seeded, and thinly sliced
- ¼ head of cabbage, thinly sliced or shredded
- Small handful of cilantro, chopped
- 1 Tablespoon toasted slivered almonds
- 2 Tablespoons less sodium soy sauce
- 2 Tablespoons rice vinegar
- 2 teaspoons toasted sesame oil
- 1 teaspoon ginger, grated
- 1 clove garlic, grated
- 4 Boston bibb lettuce leaves
- 1 small avocado
- Optional: black sesame seeds

## DIRECTIONS

1. In a large bowl, combine garbanzo beans, snow peas, bell pepper, cucumber, cabbage, cilantro, and almonds. Mix well.
2. In a small bowl, combine soy sauce, rice vinegar, sesame oil, ginger, and garlic. Whisk to combine.
3. Add just enough of the dressing to coat the salad mixture, about 2 Tablespoons.
4. Portion servings into lettuce cups. Top each serving with equal amounts of avocado and sprinkle with sesame seeds.

## Nutrition Facts

4 servings per container  
Serving size **1/2 cup**

Amount per serving  
**Calories 230**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 570mg **25%**

**Total Carbohydrate** 29g **11%**

Dietary Fiber 10g **36%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

**Protein** 8g

Vitamin D 0mcg **0%**

Calcium 85mg **6%**

Iron 2mg **10%**

**Potassium** 571mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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@CHEFSanAntonio

