



Spring Roll Salad

Salad Ingredients

Cauliflower Rice (cauliflower grated on cheese grater – heat in microwave on high for 4-6 minutes for one whole head – allow to cool)

1 Red Pepper - chopped

2 Green Onions - chopped

1 Carrot - chopped

1 Cucumber - chopped

1 Jicama – chopped

Fresh Cilantro – chopped

Fresh Squeezed Lemon Juice from ½ Lemon

Mix all ingredients in a bowl & serve. Top with peanut sauce if desired.

Optional: Peanut Sauce

1/3 Cup Adams Natural Peanut Butter

2 Garlic Cloves – Pressed

1 Tbsp Molasses

2 Tbsp Rice Vinegar

1 Tbsp Tamari Soy Sauce

1 tsp peeled, finely chopped fresh gingerroot

½ - ¾ cup water – to thin

Whisk all ingredients together and thin with water. Use as topping for spring roll salad or in stir-fries.

FLT Servings Per 1 cup: 2 Category 1 Vegetables, 1 Nut (optional)