

Cucumber & Carrot Noodle Salad with Peanut Dressing

Prep Time: 20 minutes

Cook Time: 0 minutes

Total Time: 20 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

3 large cucumbers, peeled
1 large carrot, peeled
¼ cup fresh cilantro, chopped
4 green onions, diced
¼ cup peanuts, chopped

Peanut Dressing:

¼ cup peanut butter*
2 tablespoons water
1 tablespoon rice vinegar
1 tablespoon soy sauce or tamari
1 inch ginger, grated
1 clove garlic, minced
Zest & juice of one lime
2 teaspoons maple syrup
1 teaspoon sesame oil

Directions:

1. Place all dressing ingredients into a large bowl and whisk vigorously until well combined and smooth.
2. If you have a spiral slicer, use it to make “noodles” out of all of the cucumbers and carrot and toss them into the bowl with the dressing. Alternatively you can slice cucumbers in half lengthwise and remove seeds (I like to use a melon baller to do this). Then julienne cucumber into long strips/ “noodles” and toss them into the bowl with the dressing. Then use a vegetable peeler to make “noodle” strips out of the carrot and also toss with the dressing.
3. Toss together “noodles” and dressing until well coated and combined.
4. Serve noodle salad with cilantro, green onions, and peanuts sprinkled on top!

Tips and Tricks:

*Can substitute almond butter or even sunflower seed butter here if you are allergic or sensitive to peanuts.

I love this salad as a lunch or light summer dinner paired with some healthy fats and clean proteins like Avocado Boats or Seared Tofu.

Nutritional Information Per Serving:

Calories: 211.9
Fat: 13.1 g
Cholesterol: 0.0 mg
Sodium: 305.9 mg
Total Carbohydrate: 16.7 g
Dietary Fiber: 4.5 g
Sugars: 7.2 g
Protein: 7.8 g