

Bell PEPPER THAI SALAD

Craving that crunch in your salad? Look no further than our garden-fresh Bell Pepper Thai creation. Have it sweet or spicy, the choice is yours!



Nutrition Facts	
Serving Size (196g) Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	
Vitamin A 10% • Vitamin C 90%	
Calcium 4% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 10 Minutes
Cook time: N/A
Serves: 4 People

INGREDIENTS:

- 1 Red Bell Pepper, diced
- 1 Yellow Bell Pepper, diced
- 1 Long English Cucumber
- 15 snap peas
- 1/4 cup red onion, sliced
- 1/2 cup green onion, finely sliced
- 1/2 cup fresh cilantro, roughly chopped
- 1/4 cup roughly chopped dry roasted peanuts (optional)
- 1 lime, juiced
- 1 clove garlic, minced
- 1/4 tsp. cayenne pepper
- 1/2 tsp. sugar
- 1 tbsp. sesame oil
- Sea salt & pepper to taste

DIRECTIONS:

- In a mixing bowl add your lime juice, sesame oil, garlic, cayenne pepper, and sugar. Mix well until sugar dissolves.
- Add all of your ingredients together except the peanuts. Mix well, and let stand for a few minutes to allow the flavors to blend together.
- Arrange on serving platter and garnish with peanuts.

CHEF'S TIP:

You can substitute peanuts with walnuts, almonds or omit completely

