



LUNCH | PEAK SEASON: Spring & Fall

Sesame Ginger Ribbon Salad

Recipe by: Kiandra Call

Servings: 4

Prep Time: 10 minutes

Cook Time: 3 minutes

Chill time: 30 min to an hour.

Best left overnight in fridge

Nutritional Info

- Calories: 75
- Carbohydrates: 10g
- Fiber: 3g
- Sugars: 5g (from carrots & honey)
- Protein: 1g
- Fat: 4g
- Saturated Fat: 1g
- Sodium: 220mg (with low-sodium soy)

Ingredients

- 4 large carrots, peeled into ribbons
- 1 tbsp rice vinegar or lime juice
- 1 tbsp low-sodium soy sauce or coconut aminos
- 1 tsp toasted sesame oil
- 1 tsp honey or date syrup
- 1 tsp grated ginger
- 1-2 cloves of garlic, grated
- red pepper flakes- to taste preference
- 1 tsp sesame seeds
- 1 tbsp chopped cilantro or Thai basil
- optional- 1 tbsp of chopped green onion

Instructions

- Use a Y- peeler to shave carrots into this ribbons. Place into a large bowl and set aside.
- In a small bowl whisk together, vinegar (or lime juice) , soy sauce, sesame oil, honey, ginger, garlic and chili flakes.
- Pour dressing over carrots and toss gently.
- Garnish with sesame seeds and fresh herbs just before serving.

Additional Info

- This is a great salad to make in advance- the longer it chills in the fridge to more flavorful it becomes.
- Carrot ribbon salad is good on it's own but is also a great addition to wraps, salads, rice bowls or even ramen!
- Health benefits; carrots are rich in beta-carotene for eye and skin health, plus fiber for digestion. Ginger, garlic and citrus offer anti-inflammatory and immune boosting benefit. Sesame oil provides heart-healthy fats!

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