

## Chopped Thai salad, with coconut curry dressing

### Ingredients

#### Dressing:

- 1 can (14 oz) low-fat coconut milk
- 2 oz (¼ cup) creamy peanut butter
- 1 tablespoon yellow curry powder
- 1 clove garlic
- juice of a lime
- 1-2 teaspoons sriracha
- 1 teaspoon kosher salt (or to taste)

#### Salad:

- 3 cups chopped kale
- 2 cups chopped napa cabbage
- 1 red bell pepper (chopped)
- 1 cup shredded carrots
- 1 cup chopped mango
- 1/2 cup chopped peanuts
- 1/2 cup chopped cilantro

### Instructions

1. Blend coconut milk, peanut butter, curry, garlic, lime, sriracha, salt until smooth. Option to boil then simmer dressing to reduce it to a thicker consistency (let cool before next step).
2. Place remaining ingredients in a bowl and toss with dressing.

### Makes servings

#### Nutrition analysis: for 1 (2 oz) serving of dressing only (8 servings total)

- Cals 86
- Carbs 3 g
- Protein 2 g
- Fats 7 g
- Fiber <1 g

Dressing exchange: Count as 1 fat

Adapted from: <https://www.thewickednoodle.com/chopped-thai-salad/>