



Tools Needed:  
Mandoline Slicer  
Blender

## Vietnamese Vermicelli Salad with Sweet and Spicy Peanut Sauce

(Serves four) including three tablespoons peanut sauce: 280 Calories; 12g fat

Make this salad any time you are in the mood for a burst of flavors, all in one satisfying dish. It won't cost many calories, but will be oh so satisfying for the taste buds.

### Salad:

- 1 Package Vermicelli Noodles
- 2 Zucchini squash
- 4 Carrots, peeled
- 1 cup Bean Sprouts
- ½ cup Cilantro, or more if you love cilantro
- ¼ cup Mint
- 1 head of soft lettuce, such as Boston lettuce
- ¼ cup Crushed Peanuts, garnish
- ½ cup Sunflower Sprouts (optional)

Prepare noodles according to package directions, and set aside. Using the thin julienne blade on a mandoline slicer, julienne the zucchini and carrots, and set aside.

Alternatively, you may julienne vegetables with a knife, or use your food processor outfitted with the shredding blade.

Rinse the bean sprouts, and roughly chop the cilantro and mint. Set aside.

### Peanut Sauce:

- ½ cup Natural Peanut Butter
- ½ cup Water (More or less for thicker or thinner sauce)
- 3 tbsps. Maple Syrup (more or less for sweet or not so sweet)
- 2 tbsps. Rice Vinegar
- 1-2 tsp. Chili Paste (I like Sambal Olek brand found in Asian markets)
- 1 tsp. Soy Sauce
- 1 tsp. Toasted Peanut Oil or Toasted Sesame Oil

Blend above in a blender until smooth. Adjust the thickness if you desire, by adding a bit more water.

### Assembly:

Arrange the Boston lettuce leaves to line the plates. Divide the noodles evenly among four salad plates. Decoratively, top with the zucchini, carrots, and bean sprouts. Top with cilantro, mint and crushed peanuts and optional sunflower sprouts. Drizzle with the peanut sauce. Reserve some peanut sauce on the side, for those who'd like more for drizzling.

### **Benefits:**

**Carrots** – Provides Fiber, Potassium, Iron, Vitamin B6 and a spectacular amount of Beta Carotene. Dietary Beta Carotene may reduce the risk of heart disease and certain types of cancer through its potent anticancer activity. One large carrot has almost a full day's worth of Beta Carotene.

**Peanuts**– You knew that peanuts provided you with protein, but did you know that peanuts also have a protective flavonoid called "resveratrol"? This flavonoid is responsible for lowering your LDL ("bad") cholesterol. Peanuts are also rich in beneficial fats like monounsaturated, which have a positive effect on lowering blood cholesterol.