

Spring Roll Salad

Total: 10 min. Active: 10 min. Yield: 1 serving.

Nutritional Information Per Serving

Calories: 523. Total Fat: 25g. Carbs: 45g. Protein: 31g.

Ingredients

- 1 tbsp smooth natural peanut butter
- 1 1/2 tsp sesame oil
- 1 1/2 tsp rice vinegar
- 1 tsp maple syrup
- 1 tsp soy sauce
- 1 tsp water
- 1/2 tsp minced garlic
- pinch of crushed red pepper
- 3 cups torn Boston/bib lettuce
- 3 oz cooked shrimp
- 1/2 cup cooked brown rice
- 1/4 cup chopped red cabbage
- 1/2 yellow bell pepper, sliced very thinly
- 1 carrot, sliced very thinly
- 1/2 cucumber, sliced very thinly
- 1/4 cup avocado
- Fresh mint & sesame seeds

Directions

Whisk peanut butter, oil, rice vinegar, maple syrup, or soy sauce, water, garlic and crushed red pepper (if using) in a small bowl until smooth.

Combine lettuce, shrimp, rice, cabbage, bell pepper, carrot, cucumber and avocado in a bowl. Add dressing and toss to combine. Garnish with mint and sesame seeds, if desired.

