Peanut Butter Carrot Salad

Serves 4
Prep: 20 minutes

INGREDIENTS
- 5 or 6 large carrots, rinsed and peeled
- 3 TBSP smooth peanut butter
- 2 TBSP water
- 2 TBSP vinegar (preferably cider)
- 1-1/2 TBSP soy sauce
- 1/2 TBSP sugar
- 1/2 tsp chili sauce, or crushed red pepper
- 1/2 tsp sesame oil (optional)
- 1 scallion/green onion, sliced (optional)

DIRECTIONS
1. Slice carrots thinly or julienne/shred.
2. Mix peanut butter and water until smooth; stir in vinegar, soy sauce, sugar, chili, and oil.
3. Toss carrots in dressing until coated.
4. Garnish with green onion and/or sesame seeds.
5. Enjoy with fish and steamed brown rice.

Adapted from: AppetiteForChina.com

Greater Cleveland Food Bank

CARROTS: This humble root vegetable is a great source of beta-carotene, which is great for eye health. Your body can turn it into vitamin A, or use its antioxidant properties to reduce free radicals and lower cancer risk. And, carrots are heart-healthy. Other nutrient highlights include potassium, which helps fight hypertension (high blood pressure).