



## Green Papaya Salad with Thai Basil

A bright and light salad with plenty of protein, calcium and fresh ingredients

<u>U.S.</u>		<u>Metric</u>
<b>Dressing</b>		
2 tbsp	Reduced Sodium Soy Sauce	30 ml
2 tbsp	Unseasoned Rice Wine Vinegar	30 ml
2 tsp	Siracha	10 ml
2 tbsp	Honey	30 ml
<b>Salad</b>		
1 each	Green papaya, peeled, deseeded and cut into thin strips	1 each
1 each	Carrot, julienned	1 each
6 oz	Tofu, pressed and cut into small thin matchsticks	170 g
1/3 cup	Peanuts, roasted, chopped	40 g
1 cup	Edamame, shelled, frozen	155 g
1/4 cup	Thai Basil, cut into thin ribbons	6 g
3/4 tsp	Granulated sugar	3.6 g
1/8 tsp	Kosher Salt	0.6 g

### Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients for dressing in a small container, with lid, and set aside
3. Peel and remove seeds from papaya, then cut into skinny, thin strips. Place in colander in sink to drain.
4. Cut carrot and add to papaya. Mix salt and sugar together in mise en place bowl then massage into carrot and papaya. Let sit for a few minutes and then rinse under cold water to remove excess salt and sugar.
5. Wrap papaya and carrot in a cloth napkin and then wring out excess moisture: Place mixture in a mound in the center of the napkin, roll napkin over, then twist end of the cloth 3-4 times. Vegetables should no longer be damp, but not completely crushed. When finished, transfer to large bowl and fluff up.
6. Just before serving, add the tofu, basil, and peanuts to the papaya and carrot. Shake dressing in container then drizzle some of the dressing on top of the salad, using only as necessary.

---

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Servings</b>	<b>6</b>
<b>Calories</b>	210
Calories from Fat	80
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	230 mg
Carbohydrates	29 g
Dietary Fiber	5 g
Sugars	17 g
Protein	11 g
Vitamin A	50 %
Calcium	25 %
Vitamin C	120 %
Iron	10 %
Phosphorus	161 mg

---