

Summer Vegetable Salad with Orange-Ginger Vinaigrette

Time: 30 minutes

Servings: 2 dinner or 4 side salads

Level: Easy

Ingredients:

- o ½ red bell pepper, julienned
- o 1 carrot, julienned
- o ½ medium zucchini, julienned
- o ½ yellow squash, julienned
- o ½ head of Napa cabbage, thinly sliced
- o 1 teaspoon white sesame seeds
- o 1 teaspoon black sesame seeds

Orange-Ginger Vinaigrette

- o 1 teaspoon orange zest
- o 1 teaspoon ginger, minced
- o ½ teaspoon salt
- o 1 tablespoon tahini
- o 1 tablespoon tamari
- o 1 tablespoon rice vinegar
- o 1 tablespoon honey
- o 1 tablespoon sesame oil
- o 1 tablespoon avocado oil

Directions:

- 1) Cut the bell pepper in half. Remove the ribs, seeds, and any white filaments. Slice the bell pepper into very thin, long strips. Place in a large serving bowl.
- 2) Set a mandoline slicer to julienne-mode, and slice the carrots, zucchini, and yellow squash. Alternatively, you could use a julienne peeler. (If you have neither, then cut the carrot into 1-inch pieces. Then cut about ¼-inch planks lengthwise. Lay the planks flat and cut long strips. Repeat for the zucchini and yellow squash.)
- 3) Wash and dry the Napa cabbage. Remove the thick ribbing. Lay several leaves together cut into thin slices.
- 4) In a dry skillet toast the white and black sesame seeds for 1-2 minutes or until the white seeds turn golden. Set aside in a plate.
- 5) To make the vinaigrette, place the orange zest, ginger, and salt into a mortar and pestle. Crush together until the paste becomes fragrant.
- 6) Either transfer to a larger bowl or use the mortar and pestle to finish making the dressing if it is large enough.
- 7) Whisk in tahini, tamari, rice vinegar, and honey.
- 8) Drizzle in and whisk the sesame oil and avocado oil.
- 9) Toss the salad with the dressing and sprinkle the toasted sesame seeds on top.

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