

Seasonal Vegetables with Thai Vinaigrette

Dressing

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vegetables as desired or available (onion, tomato, cucumber, kohlrabi, carrots, radish, green papaya, green apple, sweet pepper, any kind of cabbage, raw winter squash), julienned

1/4 cup fish sauce

1/2 cup unseasoned rice wine vinegar OR lime juice

2 tablespoons sugar OR three packages of Splenda

hot peppers (as desired), fresh peppers are better

garlic or ginger (to taste, if desired)

1/4 cup fresh herbs (mint, cilantro or basil), rough chopped

In a large bowl, place all of the vegetables.

Add the fish sauce, vinegar, sugar, hot peppers (if desired) and garlic or ginger (if desired).

Toss thoroughly to coat.

Let sit for 15 minutes or overnight before serving.

The fresh herbs should be added just before serving. Toss to coat.

Per Serving (excluding unknown items): 138 Calories; 9g Fat (57.0% calories from fat); trace Protein; 15g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 1mg Sodium. Exchanges: 2 Fat; 1 Other Carbohydrates.