



**Thai Chopped Salad**  
**Serves 2 as a main dish, 4 as a side dish**

**Gather the ingredients**

**Salad:**

- 1 cup cooked quinoa, cooled
- 2 cups fine sliced napa cabbage
- 1 cup chopped purple cabbage
- 2 cups small chopped dinosaur kale
- 1 carrot – chopped small
- ½ cup chopped green onion
- ½ cup chopped red bell pepper (omit for rheumatoid arthritis)
- ¼ cup coarsely chopped cilantro (or Italian parsley)
- 1 small Serrano chile, deseeded and finely chopped
- ½ cup chopped cashews

**Dressing:**

- ¼ cup chunky (or smooth) natural almond butter (no sugar or hydrogenated oils on ingredients list) or peanut butter
- ½ tsp. grated fresh ginger
- 4 TBSP fresh squeezed lime juice
- 3 TBSP raw apple cider vinegar
- 3 TBSP tamari
- 1/8 tsp turmeric
- 1 TBSP extra virgin olive oil
- ½ tsp sesame oil – expeller pressed
- 1 tsp raw honey

**Put it all Together**

- Combine the chopped cabbages, kale, carrot, green onion, bell pepper, cilantro (or parsley) and Serrano chili with the cooled quinoa in a large bowl.
- In a separate glass bowl, whisk all dressing ingredients together until well combined. Add one tablespoon of water if you like a thinner dressing.
- Toss salad mixture with the dressing and portion onto plates, top with chopped cashews
- Optional to put mixed salad into lettuce leaves and roll to eat