

Rainbow Raw Pad Thai

The Zone @ UC San Diego

Ingredients

- 1 medium zucchini, julienned or spiraled
- 2 large carrots, julienned
- 1 red pepper, thinly sliced
- 1 cup thinly sliced red cabbage
- 3/4 cup frozen edamame, thawed (or try tofu)
- 3 green onions, thinly sliced
- 1 tablespoon hemp seeds
- 1 teaspoon sesame seeds

For the dressing:

- 1 garlic clove
- 1/4 cup raw almond butter (or try peanut butter)
- 2 tablespoons fresh lime juice
- 2 tablespoons low-sodium tamari
- 2 tablespoons water
- 2.5 teaspoons pure maple syrup (or other sweetener)
- 1/2 tablespoon toasted sesame oil
- 1 teaspoon freshly grated ginger

Preparation

1. Prep the vegetables. Add the zucchini, pepper, and cabbage into one or two large bowls. Toss to evenly mix.
2. Prepare the dressing by processing all dressing ingredients in a food processor or whisk together by hand. The dressing will thicken as it sits.
3. When ready to eat, place the vegetable mix into a bowl and top with edamame, tofu, or sesame seeds if desired. Pour on dressing and enjoy!

