



seeding youth  
success



## East Side Pad Thai

MAKES 8 (1-CUP) SERVINGS

Roots veterans **Tony, Krystal and Alexis from Urban Roots** worked alongside *Chef Yia Vang from Union Kitchen* to make a salad culturally representative of the East Side of St. Paul. All the veggies are grown in their program. It's a rainbow of color using sugar snap peas, radishes, carrots, red cabbage and more. The dressing – oh so good. High five to the East Side.

### Salad

- 2 cups uncooked rice noodles
- 1 cup chopped cucumber or baby bok choy
- 1 cup coarsely shredded carrots
- 1 cup chopped sugar snap peas
- 1 cup thinly sliced radishes
- 1 red or yellow bell pepper, chopped
- ½ cup shredded red cabbage
- ⅓ cup sliced green onions
- ⅓ cup chopped fresh cilantro
- ¼ cup finely chopped mint
- ¼ cup finely chopped fresh Thai or sweet basil

### Dressing

- ¾ cup grapeseed or canola oil
  - ⅓ cup lime juice
  - ¼ cup rice wine vinegar
  - 1 tablespoon tamari or soy sauce
  - 2 teaspoons fish sauce
  - 2 teaspoons honey
  - 2 teaspoons Dijon mustard
  - 1 teaspoon tamarind paste
  - 1 teaspoon toasted sesame oil
  - 1 teaspoon chopped Thai or red Fresno chiles
- Salt and pepper to taste

8 cups of salad greens

**Topper:** Dry roasted peanuts

### Directions

1. Break noodles into shorter lengths; cook according to package directions. Rinse with cool water; drain well.
2. Meanwhile, mix remaining salad ingredients in a large bowl. Stir in cooked noodles.
3. To make the dressing, whisk oil, lime juice, vinegar, tamari, fish sauce, honey, mustard, tamarind, sesame oil, chiles, salt and pepper together in small bowl.
4. Stir half of the dressing into the salad mixture and gently toss to coat. Spoon salad onto greens; drizzle with remaining dressing and garnish with chopped peanuts.

[www.rootsforthehometeam.org](http://www.rootsforthehometeam.org)



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