

Keep it Cool I: Asian Broccoli Salad



The best summer recipes in my opinion make use of the abundance of this season's produce, require a minimal list of ingredients, and don't involve the oven! Follow this month's series to **Keep it Cool** in your kitchen and add four fantastic main dish salads to your repertoire.

I personally think broccoli is at its best when its raw or just lightly blanched. This Asian Broccoli Salad recipe captures that perfectly. With just enough crunch and Asian

seasoning, it will surely become a favorite. This dish also keeps well so be sure to make enough to pack along for a lunch or two in the days ahead. The peanuts in this recipe can easily be replaced with less inflammatory cashews or almonds and not a bit of flavor is lost.

Broccoli Salad Ingredients:

1 large head broccoli, cut into small florets

1 cup shelled cooked edamame

1/2 cup thinly-sliced green onions

1/2 cup peanuts, almonds, or cashews

1 batch peanut sauce (recipe below)

Sesame seeds, for garnish

Peanut Sauce Ingredients:

1/4 cup natural peanut butter, almond butter or cashew butter

1 tablespoon rice wine vinegar

1 tablespoon soy sauce (I prefer coconut aminos or tamari)

1 tablespoon honey or maple syrup

1/8 teaspoon sesame oil

1-2 tablespoons hot water, as needed to thin the sauce

[Full Instructions Here](#)