



Lunch, Serves 4

Asian Chopped Salad

Ever so satisfying on nice, sunny days. Little sweetness and tang in there for a nice, light lunch. You only have to wait 28 minutes to swim after this one.

SALAD		DRESSING	
2 Cups	Lettuce (shredded)	2 TBSP	Soy Sauce
1 Cup	Red Cabbage (shredded)	1 TBSP	Rice Vinegar
1 Cup	Green Cabbage (shredded)	1 TBSP	Sesame Oil
1/2 Cup	Carrots or Red Peppers (shredded)	1 TBSP	Vegetable Oil
1	Mango (perfectly ripened, diced)		
1 TBSP	Cilantro (diced)		OPTIONAL PROTEIN ADDITIONS:
1 TBSP	Fresh Mint (diced)		Add Soy Beans, Peanuts, pre-cooked Chicken or Shrimp



The Doing of the Thing

Shred and dice your veggies, mango, cilantro and mint. Mix all that up.

Whisk up dressing.

Combine and toss.

Boom.

Bonus round:

Adding pre-cooked shrimp or chicken is a real nice option on this one.