

Thai Salad Dressing

- 2 T. of fish sauce (Tiparos brand can be found in most grocery stores)
- juice of one fresh lime
- 1/2 T. chili garlic sauce (found in natural foods or Thai markets)*
- 1 teaspoon coconut palm sugar
- 2 cloves minced garlic
- 2 small shallots chopped

This makes enough for one Thai salad.

* If you can't find this sauce in a market you can make it yourself with a jalapeño pepper chopped fine and then mashed until it makes a paste.

Assemble all your ingredients for the salad dressing and the salad below. Start your recipe with the salad dressing. Add all of the ingredients to a container with a lid. Shake until well mixed. Add water if the dressing is too strong, adjust to taste and shake well again. Put the green apple "sticks" (below) in a small bowl, cover with the dressing and stir thoroughly. Let the apple marinate while you put together the salad below. Toss all the ingredients together. Then add the apples to the rest of the salad and toss it all again. This dressing is quite spicy and a little on the hot side so you may want to start with a teaspoon of chili sauce and add more if you like the heat.

Thai Salad

Serves 4

- 1/2 head butter lettuce, torn into small pieces
- 1/4 head Romaine lettuce, torn into small pieces
- 1 small tomato chopped or 1 carrot shredded
- 1 green apple, sliced julienne (into matchsticks)
- 1/4 of whole green cabbage sliced julienne
- small handful of raw peanuts
- 1 small can of water packed tuna, drained and flaked with fork (optional)