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In saucepan, bring 4 cups of water to a boil. Stir in grain blend. 2. Cook over medium-high heat until tender, 10-12 minutes. Drain and transfer to large bowl; let cool. 3. Add carrot, yellow pepper, zucchini, radishes, arugula, and peas to grain blend. 4. To make the dressing: in a small bowl, whisk together orange juice, oil, vinegar, salt, and pepper; stir in chives. 5. Toss salad and dressing, and sprinkle with pepitas. | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | C:\Users\Catherine\Documents\Grad School Texas State\Spring 2015\GA Appointment\Cooking Demo\BFF_logo.jpg**Asian Peanut Cole-Slaw**  **3 to 4 SERVINGS** **(1 cup per serving)**  Nutrition Facts per Serving:  Calories: 94 Protein (g): 4  Fat (g): 8 Carbohydrate (g): 2 Ingredients:  |  |  | | --- | --- | | 3 tbsp | peanut butter | | 2 tbsp | warm water | | 3 tbsp | rice vinegar | | 2 tbsp | lime juice | | 1 tbsp | minced fresh ginger | | 1 ½ tsp | Sriracha (or other Asian hot sauce) | | ½ tsp | soy sauce | | 3 cups | thinly sliced red cabbage | | 3 cups | thinly sliced green cabbage | | 1 medium size | carrot (cut into tiny strips) | | 1/3 cup | thinly sliced green onions | |  |  | |  |  |  Directions: Combine the peanut butter, warm water, rice vinegar, lime juice, fresh ginger, Sriracha sauce and soy sauce and mix well to get a smooth, creamy texture.  In a large bowl combine all the other ingredients with the peanut sauce and toss thoroughly.  Now enjoy some delicious, nutritious coleslaw. | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | C:\Users\Catherine\Documents\Grad School Texas State\Spring 2015\GA Appointment\Cooking Demo\BFF_logo.jpg**Asian Peanut Cole-Slaw**  **3 to 4 SERVINGS** **(1 cup per serving)**  Nutrition Facts per Serving:  Calories: 94 Protein (g): 4  Fat (g): 8 Carbohydrate (g): 2 Ingredients:  |  |  | | --- | --- | | 3 tbsp | peanut butter | | 2 tbsp | warm water | | 3 tbsp | rice vinegar | | 2 tbsp | lime juice | | 1 tbsp | minced fresh ginger | | 1 ½ tsp | Sriracha (or other Asian hot sauce) | | ½ tsp | soy sauce | | 3 cups | thinly sliced red cabbage | | 3 cups | thinly sliced green cabbage | | 1 medium size | carrot (cut into tiny strips) | | 1/3 cup | thinly sliced green onions | |  |  | |  |  |  Directions: Combine the peanut butter, warm water, rice vinegar, lime juice, fresh ginger, Sriracha sauce and soy sauce and mix well to get a smooth, creamy texture.  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