Thai Glass Noodle Salad

Ingredients:
- 1/2 oz bundle clear noodles
- 1/2 cup thinly sliced red onion, soaked in water, or shallots
- 1/3 cup toasted peanuts, chopped
- 1/4 cup cilantro leaves and stems, chopped
- 1/4 cup Thai basil leaves, chopped
- 1/4 cup mint leaves, packed, chopped
- 1/2 cup sliced Chinese celery, or regular celery
- 1/3 cup shredded carrots
- 4 oz baby spinach
- 1 tbsp fish sauce, vegetarian fish sauce, or 2 parts soy sauce and 1 part lime juice
- 1 tsp grapeseed oil
- 1 tsp sugar or honey
- 1/3 cup fresh lime juice
- 1 tsp unroasted/roasted chili powder
- 2 tsp roasted jasmine rice powder (optional)
- 1-3 Thai chili pepper, optional (chopped larger for less heat)
- 1 tbsp fried garlic or shallots

Directions:
- Bring 4-6 cups of water to a rolling boil. Place noodles in a heatproof bowl and pour boiling water over the noodles. Set a timer for 6 minutes and immediately drain the noodles when the timer goes off. Place noodles in a large mixing bowl and cut with a pair of scissors into 1”-2” sections.
- Drain red onions or shallots and add to noodles. Add peanuts, cilantro, basil, mint, celery, carrots and spinach into bowl with noodles, toss gently.
- In a small bowl whisk together the fish sauce, oil, sugar, and lime juice, mix until sugar dissolves. You can also whisk the chili and rice powder in at this time if you are using it. Add chilies into fish sauce mix.
- Drizzle sauce over noodles and vegetables, toss well. Adjust with more fish sauce, sugar, and/or lime juice. Serve with fried garlic or shallots sprinkled on top.

Serves 4-6

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 2/15/2013