

# Crunchy Vegetable Medley

Recipe By Chavi Feldman



Cooking and Prep:  10  
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Serves:  12

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Vegetarian, Vegan,  
Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

The toasted sesame oil in this dressing adds Asian-inspired flavor, bringing the medley to a new level. The salad works well with just about any vegetables you have on hand. Feel free to experiment.

## Ingredients (20)

### Salad

- 3 small zucchini, cut into 1-inch squares
- 1 red pepper, sliced into thin rings and then quartered
- 1 yellow pepper, sliced into thin rings and then quartered
- 1 orange pepper, sliced into thin rings and then quartered

- 8–10 radishes, thinly sliced
- 1/2 red onion, sliced in rings
- 10 ounces (280 grams) mushrooms, sliced
- 6 small carrots, thinly sliced
- 2 cups shredded green cabbage
- 1 (15-oz./425-g.) can baby corn pieces
- 1/2 pound sugar snap peas
- 1 box alfalfa sprouts
- 1 cup thin chow mein noodles, for garnish
- 1/4 cup sesame seeds, toasted, for garnish

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## Dressing

- 1 cup **Gefen Mayonnaise**
  - 2 tablespoons sugar
  - 1 tablespoon **Gefen Honey**
  - 1/2 teaspoon salt
  - 1/4 teaspoon garlic powder
  - 1/2 teaspoon toasted **Gefen Sesame Oil**
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## Start Cooking

### Make the Salad

1. Combine salad vegetables in a large bowl. Mix dressing ingredients until smooth and pour over salad, tossing well.
2. To serve, sprinkle with chow mein noodles and toasted sesame seeds.