

# Oriental Salad

Recipe By *Faigy Grossman*



Cooking and Prep:  10  
m

Serves:  8

Contains:     

**Preference:** Parve

**Difficulty:** Easy

**Diet:** Vegetarian, Vegan,  
Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

This snappy, crunchy, colorful blend will disappear fast... make extra! You'll find yourself noshing on this as you make it — it's that good. Make extra so there's plenty left! I think the toasted sesame oil adds that extra wow factor. Hmmm, no, maybe it's the bean sprouts, or the cashews? No matter — that's all in addition to the perfect blend of salad and dressing ingredients; definitely a prime choice to place on the menu plan!

## Ingredients (13)

### Main ingredients

- 8 ounces (225 grams) pre-checked romaine lettuce, shredded
- 6 to 8 baby corn, cut into thick slices
- 1/4 small red onion, thinly sliced
- 1/2 (14-oz./400-g.) can bean sprouts
- 1/3 cup chopped cashews

1 large handful snow peas

3 tablespoons French-fried onions

---

## Dressing

3 tablespoons oil

4 tablespoons sugar or sugar substitute

3 tablespoons vinegar

1 teaspoon **Gefen Soy Sauce**

3/4 teaspoon mustard

1/4 teaspoon toasted **Gefen Sesame Oil**

---

## Start Cooking

### Preparation

1. Place all salad ingredients into a large bowl and toss to combine.
2. In a separate container, combine dressing ingredients and mix until well blended.
3. Pour over salad and toss to coat.

### Note:

Serve immediately.