



**Makes 7 cups salad + 2 cups
mashed sweet potatoes**
Preparation Time: 25 minutes
Cook Time: 10 minutes

INGREDIENTS:

3 medium (8 oz. each) sweet
potatoes, peeled and cut into
1-inch pieces (4 cups)

2 to 3 limes

2 tablespoons reduced-sodium
soy sauce

2 tablespoons unseasoned rice
vinegar

2 tablespoons pure maple syrup

1 clove garlic, minced

¼ teaspoon sea salt

¼ teaspoon freshly ground black
pepper

2 cups hot cooked brown rice

2 cups hot cooked wild rice

4 cups slivered green cabbage

2 cups halved seedless red
grapes

1 fresh Thai chile, seeded and
thinly sliced (see note, recipe
intro)

½ cup chopped fresh cilantro,
plus more for garnish

¼ cup chopped fresh mint, plus
more for garnish

2 tablespoons chopped peanuts

Spicy Thai Cabbage and Rice Salad with Sweet Potatoes

This eclectic dish puts an adventurous twist on traditional **Thai flavors**. Each plate starts with a base of warm mashed **sweet potatoes** that offer delicious contrast to the cool, crunchy salad piled on top. Shredded cabbage, two types of rice, and a medley of fresh herbs are tossed in a tangy vinaigrette to create a slaw-like mixture that's reminiscent of a fresh spring roll. But the most unexpected and satisfying element of this recipe is the addition of juicy grapes and spicy chiles to the salad: The combo delivers a sweet heat like you've never tasted before. Top everything with crushed peanuts, and dig into this veritable rainbow of tasty flavors.

Note: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

For more grain-forward salads, check out these tasty ideas:

- [Quinoa Tabbouleh with Pomegranate Seeds](#)
- [Lemony Spelt Salad with Roasted Broccolini](#)
- [Italian Chopped Salad with Farro](#)
- [Date and Orange Couscous Salad](#)

By Shelli McConnell

- 1** Place sweet potato pieces in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 8 minutes or until tender. Transfer sweet potatoes to a bowl; mash with a fork or potato masher. Add water, 1 tablespoon at a time, to achieve desired consistency.
- 2** Meanwhile, for dressing, remove 1 teaspoon zest and squeeze ⅓ cup juice from limes. Place in a large bowl. Add the next six ingredients (through black pepper); whisk to combine.
- 3** Add rices and cabbage to dressing; toss to combine. Let stand 10 minutes to allow cabbage to slightly wilt, stirring occasionally. Stir in grapes, chile slices, ⅓ cup cilantro, and ¼ cup mint.
- 4** Spoon sweet potatoes on serving plates. Top with rice mixture, peanuts, and additional fresh herbs.