

Papaya Salad: 4 servings

Ingredients:

- 2 cups shredded green Papaya
- 4 Cherry Tomatoes
- ½ cup of String Beans
- 1 tsp of Shrimp Paste
- 4 Thai Chili
- 4 clove of Garlic
- 1 tbsp Fish Sauce
- 2 tbsp Sugar
- 2 tbsp Lime Juice
- 2 tbsp peanuts



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This is a very refreshing side dish that will tease all your taste buds with sweetness and spiciness. It is also a very low calorie dish. Enjoy!

Recipe: 362 Calories, 12 Pro, 68 Cho, 8 Fat, 2579 Na

Serving: ¼ 90 Calories, 3 Pro, 17 Cho, 2 Fat, 645 Na



Peel green papaya and shred 2 cups. In a mortar & pestle, crush peanuts and set aside. Pound the Thai chili and garlic in the mortar. Cut string beans in small pieces and slice in half. Slice cherry tomatoes in half. Add string beans and cherry tomatoes in mortar and pound slightly. Add papaya, fish sauce, shrimp paste, sugar, and lime. Mix together. Pound slightly. Place on serving plate and top with crushed peanuts. This dish goes very well with any rice plate.