

Carrot-Daikon Salad

1 daikon radish, shredded
2 carrots, shredded
1 tbsp sesame oil
1 tbsp rice vinegar
Juice of 1 lime
1 tsp olive oil
1 tsp white sugar
1/8 tsp ground ginger
1/8 tsp onion powder
1/2 tsp minced garlic



With the weather having been hot lately (at least, hot compared to what this Ohio girl grew up with this time of year), I've been eating a lot of super cold vegetable salads lately. Basically, when I make breakfast, I pick a vegetable or three, toss it in a dressing, and let it chill in the coldest part of the fridge until lunch time. It's very satisfying to crunch down on a bright, chilly mix of tasty veggies and dressing. I swear I can feel my body temperature drop five degrees as soon as I start eating.

This mix of daikon and carrots has been one of my favorites that I've tried over the weeks. If you can't find daikon radish (they're commonly available at Asian grocery stores, if you can't find it at the farmer's market) you can use red salad radishes. The shred on these vegetables is more akin to what you'd get on a spiralizer than what you'd get if you used a box grater, so either use a mandolin with a julienne attachment or a spiralizer if you have one. Worst case scenario, use a box grater. It'll have a texture more like slaw and less like a salad, but it will be delicious.

Mix the carrots and daikon together. Mix all other ingredients in a jar and shake to combine. Pour all the dressing over the vegetables. Mix well, and chill in the coldest part of the fridge until it's very cold.

This would also be good with some leftover cooked chicken mixed in. Other possible mix-ins could include sliced green onions, chili crisp (if you haven't discovered chili crisp yet, you're in for a beautiful journey. I recommend Lao Gan Ma brand, and there are about a dozen different kinds available online.), Thai chili's, thinly sliced red onion, or sesame seeds. The dressing on this salad is vaguely Asian-inspired, so anything that might taste good in that seaweed salad at the sushi restaurant is probably going to taste good in this salad.