

## In the Western kitchen

- 2 tbsp. red wine vinegar
- ½ cup cornichon pickles
- ⅓ cup fat-free Greek-style yogurt
- 2 tbsp. mayonnaise
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- ⅓ cup flat-leaf parsley, finely chopped

1. In a steamer, steam whole potatoes over high heat until tender when pierced, 15 to 20 minutes. Remove potatoes as each is done, then steam carrots until just tender, 5 to 7 minutes. Remove carrots and steam pea pods until tender-crisp, about 5 minutes. Transfer to an ice bath to stop cooking, then drain and dry on paper towels.

2. When potatoes are cool enough to handle (but still warm), halve each lengthwise and transfer to a large bowl. Sprinkle with vinegar and let stand 5 minutes. Halve carrots lengthwise and add to potatoes along with cornichons and pea pods.

3. In a small bowl, combine yogurt, mayonnaise, salt, and pepper and stir to combine. Pour dressing over vegetables and very gently toss to coat (try not to crush the potatoes). Transfer to a platter and sprinkle with parsley.

**PER SERVING** 96 CAL., 18% (17 CAL.) FROM FAT; 3.4 G PROTEIN; 1.9 G FAT (0.3 G SAT.); 17 G CARBO (2.5 G FIBER); 374 MG SODIUM; 1.3 MG CHOL.



### From Thailand

#### GREEN PAPAYA SALAD

Crunchy green papaya is the main ingredient in this spicy, refreshing Thai favorite, but it can be difficult to find.

#### → REINVENTED

Surprisingly, jicama—a crisp, beige-skinned root—makes a great green-papaya stand-in. Find it at well-stocked grocery stores and Latino markets. To serve as a main course, increase shrimp to 1 lb.

Thai-style jicama salad



### Thai-style jicama salad

**SERVES** 4 as a light lunch

**TIME** 30 minutes

- 1 large jicama, peeled and julienned using a mandoline (about 4 cups)
- 1 large carrot, peeled and julienned using a mandoline
- 2 stalks celery, very finely sliced
- ¼ cup each mint and cilantro, chopped
- 2 serrano chiles, minced
- ½ lb. peeled, cooked medium shrimp (36 to 42 per lb.), tails removed, sliced in half lengthwise
- 6 tbsp. fresh lime juice
- 2 tbsp. sugar
- 2 tbsp. Thai or Vietnamese fish sauce (*nam pla* or *nuoc mam*)
- ⅓ cup chopped salted peanuts

1. Spread jicama and carrot on a clean, dry dish towel with strands going in the same direction. Roll up and press towel (to squeeze out as much liquid as possible without breaking strands). Transfer vegetables to a bowl and fluff with your fingers. Add celery, mint, cilantro, chiles, and shrimp and toss to combine.

2. In a small bowl, combine lime juice, sugar, and fish sauce and stir until sugar dissolves. Pour dressing over salad and toss to coat, then sprinkle with chopped peanuts.

**PER SERVING** 223 CAL., 29% (63 CAL.) FROM FAT; 17 G PROTEIN; 7 G FAT (1.2 G SAT.); 24 G CARBO (8.3 G FIBER); 905 MG SODIUM; 111 MG CHOL. ■