

Asian Slaw

Yield: 4 servings

Ingredients

Dressing:

2 tablespoons extra-virgin olive oil
2 tablespoons ginger, minced
½ tablespoon garlic, minced
2 tablespoons brown sugar
2 tablespoons soy sauce
⅓ tablespoon mirin (similar to Japanese sake)
½ teaspoon sesame oil
2 tablespoons rice wine vinegar

Slaw:

½ cup red cabbage, thinly sliced
¼ cup green cabbage, thinly sliced
½ cup carrots, julienned
¼ cup red onion, thinly sliced
¼ cup red bell pepper, thinly sliced
¼ cup bok choy, thinly sliced
¼ cup bean sprouts
¼ cup snow peas, julienned
¼ cup green onions, julienned
peanuts for garnish

Instructions

1. In a small saucepan add olive oil, ginger and garlic. Lightly sauté until light brown.
2. Add brown sugar, soy sauce, and mirin.
3. Sauté for 5 minutes and remove from heat. Once cool, whisk in olive oil, sesame oil and rice wine vinegar.
4. Mix all vegetables in a bowl and toss with dressing.
5. Garnish with peanuts.

Nutrition Information

Serving Size: ½ cup

Calories: 112
Total Fat: 7.7 g
Saturated Fat: 1.1 g
Sodium: 362.2 mg
Total Carbohydrate: 10.9 g
Dietary Fiber: 1.5 g
Sugars: 7 g
Protein: 1.8 g

Source: Health Meets Food

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