

ASIAN CHOPPED CABBAGE SALAD

SERVES: 8 | SERVING SIZE: about 3/4 cup | PREP: 15 minutes | READY: 20 minutes

INGREDIENTS

- 1/4 cup hoisin sauce
- 3 tablespoons rice vinegar
- 2 tablespoons canola oil
- 1 tablespoon honey
- 1 tablespoon water
- 2 teaspoons grated gingerroot
- 1 teaspoon sesame seeds
- 4 cups green cabbage, chopped
- 2 cups red cabbage, thinly sliced
- 1 cup julienned red bell pepper
- 1 cup shredded carrots
- 3/4 cup sliced green onion, divided
- 1/3 cup lightly salted peanuts, roughly chopped



DIRECTIONS

To prepare salad dressing, whisk together hoisin sauce, rice vinegar, oil, honey, water, gingerroot, and sesame seeds in a small bowl and set aside.

To a large bowl, add green and red cabbage, red pepper, carrots, and 1/2 cup sliced green onion and toss. Just before serving add dressing and toss to coat. Place salad in a serving bowl and garnish top with remaining green onion and peanuts.

Cook's note:

There's no need to mix the salad vegetables and dressing ahead of time. In fact, this salad is most flavorful when the dressing is mixed in just before serving. If you do have leftovers, no worries. Unlike leaf lettuce, the vegetables in this salad hold up really well once the dressing is added and will keep in the refrigerator for a couple days.

NUTRITION INFORMATION PER SERVING

143 calories, 6 g total fat, 3 g saturated fat, 0 g trans fat, 28 mg cholesterol, 145 mg sodium, 18 g total carbohydrate, 1 g dietary fiber, 13 g total sugars, 11 g added sugars, 4 g protein, 0 mcg (0%) vitamin D, 55 mg (4%) calcium, 0 mg (0%) iron, 32 mg (0%) potassium

