



Asian Coleslaw

Tasty and easy to prepare with pre shredded green and purple cabbage and carrots found in the grocery store.

Ingredients:

- 1 bag Shredded green cabbage
- 1 bag Shredded purple cabbage
- ½ bag Shredded carrots (or 3 large carrots shredded)

Dressing:

- 2/3 cup Unseasoned rice vinegar
- ¼ cup Light brown sugar
- 1 ½ tbsp Dark-roasted sesame oil

Garnish: Minced scallions (green onion). Toasted sesame seeds (optional)

Makes 8 servings

- Combine green & purple cabbage shredded carrots, together in a large bowl.
- In another bowl Mix dressing ingredients together .
- Add dressing to cabbage/carrot mixture. Mix well.
- Garnish with scallions and toasted sesame seeds.
- Chill before serving.

Recipe adapted from Andrew Weil, MD's website www.eatingwell.net

Nutrition Information:

Calories: 97	Total Fat: 2.84g
Saturated Fat: 0.41g	Cholesterol: 0.00mg
Carbohydrates: 18.20g	Dietary Fiber: 4.27g
Protein: 2.55g	