



## Summer Slaw

This Asian inspired slaw is sweet, spicy and delicious.

### Dressing:

|        |                          |
|--------|--------------------------|
| 3 Tbsp | Rice wine vinegar        |
| 2 Tbsp | Olive oil                |
| 3 Tbsp | Creamy peanut butter     |
| 2 Tbsp | Reduced sodium soy sauce |
| 1 Tbsp | Brown sugar              |
| 1 Tbsp | Freshly grated ginger    |
| 1 Tbsp | Garlic, minced           |

### Salad:

|          |  |
|----------|--|
| 5 cups   | Green cabbage, shredded (use bagged cabbage for ease)  |
| 1 ½ cups | Purple cabbage, shredded (use bagged cabbage for ease) |
| 1        | Red or yellow bell pepper, cut into thin strips        |
| 1 cup    | Shredded carrots                                       |
| 3        | Scallions, sliced thinly                               |
| 1/3 cup  | Fresh cilantro leaves (more or less to taste)          |

Serves 8

Dressing: In a large bowl mix the vinegar, oils peanut butter, low sodium soy sauce, brown sugar, ginger and garlic. Refrigerate until ready to use. Can be made ahead.

Combine the remaining ingredients in a large bowl. Add the dressing and combine to coat well.

### Nutritional Information:

|                   |                     |
|-------------------|---------------------|
| Calories: 100     | Total Fat: 6.7g     |
| Saturated fat: 1g | Cholesterol: 0g     |
| Carbohydrate: 9g  | Dietary Fiber: 2.5g |
| Protein: 3.0g     |                     |