

Asian Slaw



Makes:

6 servings, approximately 1 cup each (90 g each)

Utensil:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl
small mixing bowl

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Recipe:

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Recipe Description:

Delicious, easy and healthy - what a perfect combination! Asian slaw is very low in calories, fat and sodium and it has absolutely no cholesterol. And this beautiful crowd pleaser can be made ahead of time.

Slaw

4 cups
Chinese (Napa) cabbage, shredded, use Cone #4
(280 g)
½ cup
snow peas, trimmed and cut into 1-inch pieces
(49 g)
½ cup
bean sprouts, fresh
(52 g)
½ cup
jicama, peeled and cut into 1-inch strips, then use Cone #4
(65 g)
½ cup
red bell pepper, julienne
(75 g)
2 tablespoons
green onions, sliced
(12 g)
2 heaping tablespoons
cilantro, finely chopped
(8 g)

Dressing

2

tablespoons lime juice (30 mL) 1
 tablespoon fish sauce (15 mL) 1
 tablespoon sesame oil, (15 mL) ½
 dark
 teaspoons fresh ginger, peeled and shredded Cone (1 g)
 #1
 dash cayenne pepper Place all slaw ingredients in double-sided bowl.
 2. In small bowl, bottle or jar combine all dressing ingredients.
 3. Pour dressing over slaw and chill for at least 30 minutes, so flavors can blend.

Tips:

- This salad can be made up to 2 days ahead. Combine all slaw ingredients together, place in bowl with a cover and refrigerate. Combine all dressing ingredients, place in small bowl or jar with cover and refrigerate. When time to serve, pour dressing on slaw, toss and serve.

Nutritional Information per

▼ Serving

Calories: 45
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 242mg
Total 9g
Carbs:
Dietary Fiber: 1g
Sugar: 5g
Protein: 2g