

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 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)

¹?₂

cup

snow peas, trimmed and cut into 1-inch pieces

(49

g)

¹?₂

cup

bean sprouts, fresh

(52

g)

¹?₂

cup

jicama, peeled and cut into 1-inch strips, then use Cone #4

(65

g)
¹/₂

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

sugar

(30

mL)

2

tablespoons

lime juice

(30

mL)

1

tablespoon

fish sauce

(15

mL)

1

tablespoon

sesame oil, dark

(15

mL)

¹/₂

teaspoons

fresh ginger, peeled and shredded, use Cone #1

(1

g)

dash

cayenne pepper

Directions:

1. 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 Carbs:

9g

Dietary Fiber:

1g

Sugar:

5g

Protein:

2g