

Napa Cabbage Salad



Prep:

10 minutes

Total:

15 minutes

Makes:

6 to 8 full servings

Utensil:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

small mixing bowl

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Contributed By:

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Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic plant-based diet that is both simple and delicious.

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Recipe Description:

This salad makes a great addition to any meal. It is light and crunchy. Napa cabbage leaves are made of primarily water- in which case it is low in calories. If edamame is added into the salad it will boost up the protein content in the salad. It is also loaded with calcium and healthy fat from the sesame and sunflower seeds.

Salad

whole

napa cabbage, washed and shredded, use Cone #2

1

cup

shelled cooked edamame (optional)

(155

g)
¹?₃

cup

toasted sunflower seeds

(45

g)
2

tablespoons

black sesame seeds

(16

g)
¹?₄

cup

arame, soaked for 20 minutes and drained

(5

g)

Dressing

¹?₄

cup

olive oil

(60

mL)

¹?₄

cup

brown rice syrup

(84

g)

¹?₄

cup

brown rice vinegar

(60

mL)

1

tablespoon

San-J tamari

(15

mL)

1

tablespoon

sesame oil

(15

mL)

1

small or medium
onion, shredded, use Cone #1
1 - 2
cloves
garlic, shredded, use Cone #1

Directions:

1. Place the cabbage in a large salad bowl with the edamame.
2. In a smaller bowl, combine all the ingredients for the dressing and mix well.
3. Pour over the salad mixture in the bowl, then top with the seeds and arame.
4. Toss well to combine and serve immediately.

Nutritional Information per Serving

Based on 8 servings

Calories:

200

Total Fat:

13g

Saturated Fat:

2g

Cholesterol:

0mg

Sodium:

213mg

Total Carbs:

16g

Dietary Fiber:

4g

Sugar:

7g

Protein:

6g