

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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Recipe:

Contributed By:

Marni Wasserman

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

- 1 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 (84 g) 1/4
syrup cup brown rice (60 mL) 1
vinegar 1
tablespoon San-J (15 mL) 1
tamari 1 - 2
tablespoon sesame oil (15 mL)
small or onion, shredded, use Cone
medium #1
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 16g
Carbs:
Dietary Fiber: 4g
Sugar: 7g
Protein: 6g