



Asian Slaw with Peanut Dressing

Prep: 25 minutes | Cook: 0 minutes | Total: 25 minutes

Yield: 6 servings | Serving Size: ~1 cup

Ingredients

¼ cup natural peanut butter
3 tablespoons rice wine vinegar
3 tablespoons honey
1 tablespoon grated fresh ginger (or 1 teaspoon ground dried ginger)
1 tablespoon lime juice (about ½ lime)
1 tablespoon toasted sesame oil
1 tablespoon lite soy sauce or tamari
¼ teaspoon ground black pepper
5 cups thinly sliced Napa cabbage (about ½ medium head Napa cabbage)
1 medium bell pepper, julienned (about 1 cup)
1 medium carrot, grated (about ½ cup)
1 jalapeño, minced
2 scallions (green onions), sliced thin (about ⅓ cup)
2 tablespoons chopped fresh delicate herb (e.g. cilantro, mint, basil, parsley)

Directions

1. In a large mixing bowl, make a dressing by whisking together the peanut butter, vinegar, honey, ginger, lime juice, sesame oil, soy sauce or tamari, and black pepper.
2. Add the cabbage, bell pepper, carrot, jalapeño or serrano, scallions, and selected fresh herb.
3. Toss to combine and coat with the dressing.
4. Serve right away, or chill before serving. This slaw will keep in the refrigerator for up to 5 days.

**Nutrition Facts Per Serving: Calories: 160 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 140 mg | Total Carbohydrate: 18.5 g | Dietary Fiber: 3.5 g | Protein: 4.5 g**

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