

Asian Slaw

Author: Adapted from 'The Thrill of the Grill' by Chris Schlesinger

Carolyn T's
Cookbook

Servings: 4



1 lb cabbage, green or red or both
1/2 whole red bell pepper
2 whole green onions, minced
1/2 cup rice wine vinegar, seasoned
1 tbsp sugar, or Equal
1 tsp fresh ginger root, grated
1 tbsp sesame seeds, toasted
1 tbsp sesame oil
salt and pepper, to taste

Categories: Cold Food, Picnic, Salads,
Vegetables/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

*Per Serving (excluding unknown items): 94 Calories;
5g Fat (41.5% calories from fat); 2g Protein; 13g
Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol;
23mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean
Meat; 1 1/2 Vegetable; 1 Fat; 1/2 Other
Carbohydrates.*

Notes: This is a very refreshing salad and wonderful for a summer barbecue. You can reduce the sesame oil if you'd prefer a more subtle flavor and/or less fat.

Preparation Time: 15 minutes

1. The original recipe suggests the cabbage should be julienned (5 inches x 1/4 inches), but I just do it in the food processor, either thinly sliced or minced. I also have combined BOTH red and green cabbage for this, as it makes a very attractive salad. Do not mix up ahead as the red cabbage will bleed.
2. In a large bowl combine cabbage, pepper and green onions. In a separate bowl combine the remaining ingredients and just before serving, pour over the cabbage, mix well and serve.
3. NOTE: To toast the sesame seeds, heat a non-stick pan under medium-high heat. Add seeds and stir until golden brown. They burn easily, so watch carefully.