

Carrot Ginger Slaw

Source: Fresh Approach blog

Carolyn T's
Cookbook

Servings: 6



1. Using the large holes on your box grater (or the shredder disc on a food processor), shred the peeled carrots.
2. Toss that with the parsley.
3. In another bowl, combine the oil, vinegar, Szechuan pepper, ginger (and the juice), mayo and sesame oil. Taste and adjust to your taste.
4. Stir that into the carrots, let rest for a few moments, garnish and serve.

6 whole carrots, peeled
1 cup chopped parsley
2 teaspoons vegetable oil
3 tablespoons seasoned rice wine vinegar
1/8 teaspoon ground Szechuan peppercorns
3 tablespoons fresh ginger, grated - use a Microplane for this!
1/4 cup mayonnaise
1 teaspoon sesame oil
Sesame seeds and more parsley for garnish

Categories: Salads, Vegetables/Sides

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 135 Calories; 10g Fat (64.9% calories from fat); 1g Protein; 11g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 345mg Sodium. Exchanges: 1 1/2 Vegetable; 1 Fat.