

Asian Persuasion Coleslaw

Just in time for the Chinese New Year, this salad is a rainbow of gorgeous colors. Its flavorful, gingery dressing will keep you coming back for "just one more taste." The cabbage in this recipe adds numerous nutritional benefits and contains a group of cancer-fighting compounds called indoles that can help fight off breast cancer cells.

Directions Makes about 6 1-cup servings

2 cups finely shredded green cabbage
2 cups finely shredded red cabbage
1 carrot, grated or julienned
1/2 cup sliced celery
1/2 cup finely chopped sweet onion
1/2 cup chopped fresh cilantro
2 tablespoons dry roasted peanuts
2 tablespoons sesame seeds (untoasted)
1/4 cup rice vinegar
2 tablespoons apple juice concentrate (I use fresh apple juice 1/4 cup)
1 tablespoon soy sauce (better is Braggs Liquid Aminos) Kroger Health area
1 tablespoon minced fresh ginger
1 garlic clove, minced
1/4 teaspoon black pepper
4 drops of Stevia leaf extract (Sweetener)

Combine cabbage, carrot, celery, onion, cilantro, and sesame seeds in a large bowl.

Chop/crush the peanuts by hand or in a small blender, coffee grinder or chopper,

In a small bowl, mix vinegar, apple juice concentrate, Braggs, ginger, garlic, stevia and black pepper. Just before serving, add peanuts to the dressing then toss into salad to mix.

I find it beneficial to chop the peanuts pretty fine as this makes a powder that absorbs the dressing and keeps it from collecting on the bottom of the bowl somewhat. You can do this by putting them in a baggie and smashing them with a hammer like tool.

Nutrition Information

Per 1-cup serving:

87 calories
3.4 g fat
0.5 g saturated fat
35.1% calories from fat
0 mg cholesterol
2.6 g protein
13.6 g carbohydrate
8.4 g sugar
2.5 g fiber
362 mg sodium
41 mg calcium
0.9 mg iron
23.2 mg vitamin C
841 mcg beta-carotene
0.4 mg vitamin E