

Rainbow Slaw with Asian Ginger Dressing

This light and refreshing slaw is the perfect combination of flavor, color, nutrition, and crunch. It can be served alongside fish or chicken and is great for a potluck or gathering.

Ingredients

Slaw

- 2 cups finely chopped cabbage (can use red, green, or a combination)
- 1 red bell pepper, thinly sliced into matchsticks
- 1 large or 2 small oranges, cut into segments
- ½ cup finely sliced green onion
- 2-3 tablespoons chopped cilantro
- 2 tablespoons chopped fresh mint
- ½ cup roasted cashews or almonds, chopped

Dressing

- 2 tablespoons avocado oil or olive oil
- 1 tablespoon toasted sesame oil
- 2 tablespoons low-sodium soy sauce
- 1½ tablespoons rice vinegar
- 2 teaspoons honey or maple syrup
- 1-2 teaspoons grated fresh ginger root
- Optional: ¼ teaspoon crushed red pepper flakes or 1-2 teaspoons sriracha sauce

Steps

1. Combine the cabbage, bell pepper, green onions, cilantro, and mint together in a medium bowl. Set aside.
2. For the vinaigrette, whisk all ingredients together in a small bowl.
3. Toss the slaw with dressing to taste and serve.

Recipe by Lisa Markley, MS, RDN, LD

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