

FEATURED RECIPE

Ingredients:

Dressing:

- 1/2 medium head cabbage
- 2-3 carrots, peeled,
julienned
- 1/4 cup carrot greens and/or
cilantro, chopped
- 2-3 green onions, sliced thin
- 1 cup bean sprouts, rinsed
- 1/2 cup toasted nuts—
peanuts, cashews

Optional:

- Toasted sesame seeds

Dressing:

- 1/3 cup canola or other
mild flavored oil
- 1 Tbls. Toasted sesame oil
- 1/4 cup rice wine vinegar
- 1/8 tsp. cayenne pepper



Cabbage Sprout Slaw

This recipe is a twist on a typical Asian slaw by adding bean sprouts and carrot greens. I recently discovered carrot greens and love using them—they are nice and tasty and bring in an herbal flavor. This is a very refreshing, light slaw that won't weigh you down.

Mix cabbage, carrots, carrot greens, green onions and sprouts in medium bowl. Blend dressing ingredients and toss with salad vegetables. Add nuts and sesame seeds, if desired, just before serving.



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