

Serves 4

Asian Slaw

DRESSING:

- 1/4 cup canola oil
- 1/4 cup rice vinegar
- 2 tablespoons sesame oil
- 1 1/2 tablespoons ginger, fresh, peeled and minced
- 2 teaspoons soy sauce, low-sodium

SALAD:

- 6 cups Nappa cabbage, thinly sliced
- 6 green onion, thinly sliced
- 6 ounces snow peas, stringed, thinly sliced lengthwise
- 1 large red bell pepper, thinly sliced
- 1/2 cup roasted peanuts (optional)

1. Wash and prepare vegetables.
2. Whisk all dressing ingredients in medium bowl.
3. Mix cabbage and remaining ingredients in large bowl.
4. Toss salad with enough dressing to coat salad.
5. Season with pepper.
6. Salad can be made up to 3 hours ahead. Cover; chill.

Adapted from: Bon Appetit, August 1997.

Hint:

- For a picnic, transport this colorful dish in an airtight container packed in a cooler with a cold pack.

Nutrition Facts: Serving size: about 1 cup; Calories: 340; Fruits and Vegetables: 5; Fat: 30 g; Fiber: 4 g

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