



FAST ASIAN SLAW

It doesn't get much quicker than this slaw recipe. It is easy and tastes great. To make it even easier use store-bought shredded coleslaw mix. It makes a great side dish for Asian-inspired meals.

PREP TIME:
15 MINUTES

SERVES:
7

SERVING:
1 CUP

INGREDIENTS:

- ¼ cup Rice wine vinegar
- 2 tbsp Low-sodium soy sauce
- 1 tbsp Sugar
- 2 tsp Asian (dark) sesame oil
- Dash Red pepper flakes or hot sauce [optional]
- 1 cup Green onions, sliced
- 7 cups Cabbage, sliced, can mix green and purple
- ½ cup Red pepper or carrot, thinly sliced
- 1-2 tbsp Roasted sesame seeds



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PREPARATION:

1. Whisk the vinegar, soy sauce, sugar, sesame oil and hot sauce or red pepper flakes, if using, in a large bowl
2. Add the sliced green onions, red pepper or carrot, and cut cabbage and toss well to combine
3. Just before serving, sprinkle the sesame seeds on top
4. Serve the slaw at once or cover and refrigerate

STORAGE:

- Extras can be covered with plastic wrap and refrigerated for up to 3 days.

NUTRITION INFORMATION (PER 1 CUP SERVING):

Calories: 60 Total Fat: 2.5g (4% DV) Saturated Fat: 0g (2% DV) Protein: 2g
Carbohydrates: 9g (3% DV) Fiber: 3g (11% DV) Sodium: 170mg (7% DV)

Funded by USDA Supplemental Nutrition Assistance Program through the State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.

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