

Asian Coleslaw

Provided by Placer / Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet

Recipe type: Salad, spring

Serves: 6

Prep Time: 15 minutes



Ingredients

- 5-6 cups cabbage, thinly sliced or shredded (or 1 16-oz. package of coleslaw)
- 3 medium carrots, peeled and shredded
- 2 green onions, thinly sliced
- 1/4 cup fresh cilantro, minced
- 1/3 cup white wine vinegar
- Juice from 1 lime
- 1 tablespoon canola or vegetable oil
- 1 tablespoon sesame oil (optional)
- 2 tablespoons sugar
- 3/4 teaspoon salt

Directions

1. In a large bowl, combine the cabbage, carrots, green onions, and cilantro.*
2. In a small bowl, whisk together the remaining ingredients. Pour over cabbage mixture and toss to coat.
3. Slaw can be served immediately, or covered and refrigerated for 1 hour.

* Optional additions: 2 thinly sliced red bell peppers; 1/2 cup chopped almonds; 1 cup sliced snow peas; 1 cup thinly sliced jicama.



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