

## Quick Asian Slaw with Sesame Dressing



**Preparation Time:** 25 minutes

**Cook Time:** 0 minutes

**Servings:** 6

### **Ingredients:**

1/2 medium green cabbage, shredded (about 1 pound)

1/2 medium red cabbage, shredded (about 1 pound)

1 Tablespoon sea salt

2 Tablespoons rice vinegar

1 Tablespoon honey

2 Tablespoons vegetable oil

2 Tablespoons sesame oil

2 Tablespoons sesame seeds

2 teaspoons soy sauce

1 teaspoon finely grated fresh ginger root

3 carrots, shredded

2 green onions, sliced

1/4 cup chopped cilantro

3/4 cup chow mein noodles, for garnish

### **Description:**

Combine green and red cabbage in a large bowl. Sprinkle with sea salt, stir well, and let stand for about 20 minutes.

In a separate small bowl, stir together the rice vinegar, honey, oil, sesame seeds, soy sauce, and ginger root.

Transfer the cabbage to a colander and rinse quickly and lightly; drain. Return the cabbage to the bowl, add the carrots and green onion, and toss with the dressing. Stir in cilantro and chow mein noodles; serve immediately.

*Sara's Tip: The cabbage in this Asian coleslaw is wilted with salt and rinsed before being combined with other ingredients. The wilting process removes the "squeak" from the cabbage and results in a softened but still crunchy, raw cruciferous vegetable.*