



## Late Summer Slaw

This Asian inspired slaw is sweet, spicy and delicious.

### Dressing:

3 Tbsp	Rice wine vinegar
2 Tbsp	Olive oil
3 Tbsp	Creamy peanut butter
2 Tbsp	Reduced sodium soy sauce
1 Tbsp	Brown sugar
1 Tbsp	Freshly grated ginger
1 Tbsp	Garlic, minced

### Salad:

5 cups	Green cabbage, shredded (use bagged cabbage for ease)
1 ½ cups	Purple cabbage, shredded (use bagged cabbage for ease)
1	Red or yellow bell pepper, cut into thin strips
1 cup	Shredded carrots
3	Scallions, sliced thinly
1/3 cup	Fresh cilantro leaves (more or less to taste)

Serves 8

**Dressing:** In a large bowl mix the vinegar, oils peanut butter, low sodium soy sauce, brown sugar, ginger and garlic. Refrigerate until ready to use. Can be made ahead.

Combine the remaining ingredients in a large bowl. Add the dressing and combine to coat well.

### Nutritional Information:

Calories: 100	Total Fat: 6.7g
Saturated fat: 1g	Cholesterol: 0g
Carbohydrate: 9g	Dietary Fiber: 2.5g
Protein: 3.0g	