

Antioxidant Asian Slaw

Serves: 6

Ingredients

- 4 cups shredded Napa cabbage
- 2 cups shredded red cabbage
- 1 cup thinly sliced bell pepper color of choice
- 1/4 cup thinly sliced scallions
- 1/4 cup chopped basil
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped mint

Dressing

- 2 tablespoons white or yellow miso
- 1 tablespoon tahini
- 3 tablespoons rice vinegar(not sweet)
- 1 tablespoon soy sauce
- 1 tsp brown sugar, honey or maple syrup
- 2 tablespoons lime juice
- 1 tablespoon grated fresh ginger

Instructions

1. Combine all slaw ingredients (except toasted sesame seeds) in a large bowl and toss.
2. Combine all dressing ingredients in small bowl and whisk.
3. Add 1/2 a cup dressing to slaw and toss well, add more dressing to taste.
4. Top with toasted sesame seeds before serving.

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