

Side Dish

Crunchy Asian Coleslaw

Marie Saba

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Servings: 2

1 cup napa cabbage, shredded
1/2 cup water chestnuts, chopped
1/2 cup green pepper, chopped
1/2 cup zucchini, julienned
4 1/2 teaspoons rice vinegar
1 teaspoon sugar
1 teaspoon toasted sesame seeds
1 teaspoon reduced-sodium soy sauce
1/2 teaspoon sesame oil
red pepper flakes (to taste)

In a bowl, combine the cabbage, water chestnuts, green pepper, and zucchini.

In a separate bowl, whisk the rice vinegar, sugar, sesame seeds, soy sauce and sesame oil.

Toss with the cabbage mixture.

Add the red pepper flakes to taste.

Per Serving (excluding unknown items): 51 Calories; 2g Fat (30.5% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 102mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.