



# HEALTHY COOKING

## Easy Asian Salad

### Ingredients:

#### Vegetables:

2 cups shredded Chinese or Korean napa cabbage, kale or mixed greens

1/4 cup shredded carrot

1/2 cup sliced sweet peppers (any color)

#### Dressing:

3 Tbs. mild sweet chili sauce or soy ginger sauce

1 Tbs. vinegar (any type) or lemon juice

2 Tbs. chopped green onion, fresh mint, basil or cilantro

1 Tbs. olive oil (optional)

1 tsp. Asian or dark roasted sesame oil (for extra nutty flavor, optional)

#### Garnish (optional):

1 tsp. toasted sesame seeds, 1/4 crushed uncooked ramen noodles, roasted peanuts, cashews or almonds

#### Directions:

1. Prepare salad vegetables.
2. Add dressing ingredients (on top or mix in separate small bowl).
3. Toss the salad in the bowl until coated with dressing.
4. Top with garnishes, if desired.

#### Tips:

This salad is delicious as a side or a light meal topped with a protein, like grilled chicken, fish or tofu. Also, it's great with sliders, barbeque and fish tacos.

#### Nutritional Information

Calories: 145 | Carb: 30g | Protein: 1g | Fat: 1g | Sugar: 3g | Fiber: 9g