

Spicy Napa Cabbage Slaw with Cilantro Dressing

Gourmet | August 2008

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Yield: Makes 4 servings

Active Time: 15 min

Total Time: 25 min

Ingredients

1/4 cup rice vinegar
1 teaspoon grated peeled ginger
2 tablespoons sesame oil
1 tablespoon lime juice
1 fresh Serrano Chile, finely chopped, with seeds
1 small head Napa cabbage (1 1/2 pounds), cored and cut crosswise into 1/2-inch slices (or use pre-sliced bagged cabbage)
1 bunch scallions, sliced
1/2 cup coarsely chopped cilantro
1 teaspoon toasted sesame seeds
A pinch of sugar, if needed



Directions

Whisk together vinegar, ginger, oil, Chile. Add remaining ingredients and toss well. Let salad stand for 10 minutes. Toss again. Serve.

Notes

Try adding red cabbage, shredded carrots, red/yellow peppers, or buy the bagged coleslaw cabbage salad mixes (such as the rainbow salad mix)



Nutrition Facts	
Serving Size: 1 serving (220.8g)	
Servings: 1	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Potassium 370mg	11%
Total Carbohydrate 15g	4%
Dietary Fiber 5g	21%
Sugars 9g	
Protein 3g	
Vitamin A 10%	Vitamin C 120%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	