

Spinach, Cabbage and Fresh Herb Slaw with Spicy Ginger-Citrus Dressing

Adapted from Phillis Carey, DivaQueen cooking class. 2018



Servings: 6

Note: How to acidulate onions: Soak red onion in cold water to cover with about a tablespoon of vinegar - soak for 10 minutes to take away the sharp, raw taste.

1. DRESSING: Whisk together orange juice, lime juice, brown sugar, soy sauce and salt in a medium bowl until sugar dissolves. Whisk in oil or shake all in a jar. Stir in serrano chile and ginger. Cover and refrigerate up to 24 hours.

2. SALAD: Mix all vegetables, grapes, pineapple and herbs in a large bowl. Toss with dressing and serve with cashews sprinkled on top. Serve immediately. This slaw won't keep, so dress only the amount of salad you'll eat at that meal.

DRESSING: (makes about twice what is needed for the salad)

- 1 cup fresh orange juice
- 1 cup fresh lime juice
- 1/2 cup light brown sugar
- 2 teaspoons soy sauce
- 1/2 teaspoon black pepper
- 1/2 cup avocado oil, or grapeseed oil
- 2 tablespoons serrano chile, minced
- 4 teaspoons fresh ginger, minced

SLAW:

- 4 cups fresh spinach, shredded
- 4 cups cabbage, green type, thinly sliced
- 1 1/2 cups red grapes, halved
- 1 1/2 cups bean sprouts, optional
- 1 cup sugar snap peas, julienned or snow peas
- 1 cup red onion, thinly sliced, acidulated
- 1/2 cup green onions, julienned
- 3 cups fresh pineapple, grilled, chopped (optional)
- 6 tablespoons fresh mint, chopped
- 6 tablespoons fresh cilantro, chopped
- 2/3 cup cashews, salted, toasted, for garnish

Per Serving (excluding unknown items): 517 Calories; 30g Fat (49.1% calories from fat); 9g Protein; 61g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 142mg Sodium; 41g Total Sugars; 0mcg Vitamin D; 126mg Calcium; 5mg Iron; 905mg Potassium; 252mg Phosphorus. Exchanges: 6 Grain(Starch).

Carolyn T's Blog: tastingspoons.com