

# 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](http://tastingspoons.com)**