Asian Slaw

Adapted from 'The Thrill of the Grill'



1 pound cabbage, green or red

1/2 whole red bell pepper

2 whole green onions, minced

1/2 cup rice wine vinegar, seasoned

1 tbsp sugar, or Equal

1 tsp fresh ginger root, grated

1 tbsp sesame seeds, toasted

1 tbsp sesame oil

salt and pepper, to taste

1/2 cup cilantro, minced (optional)

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 4

This is a very refreshing salad and wonderful for a summer barbecue. You can reduce the sesame oil if you'd prefer a more subtle flavor and/or less fat. The original recipe suggests the cabbage should be julienned (5 inches x 1/4 inches), but I just do it in the food processor, either thinly sliced or minced. I also have combined BOTH red and green cabbage for this, as it makes a very attractive salad. Do not mix up ahead as the red cabbage will bleed.

1. In a large bowl combine cabbage, pepper and green onions.
2. In a separate bowl combine the remaining ingredients and just before serving, pour over the cabbage, mix well and serve.

NOTE: To toast the sesame seeds, heat a non-stick pan under medium-high heat. Add seeds and stir until golden brown. They burn easily, so watch carefully.

Per Serving (excluding unknown items): 104 Calories; 5g Fat (38.5% calories from fat); 3g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.