Carrot Ginger Slaw

Fresh Approach blog

Internet Address: http://freshcatering.blogspot.com/2008/01/asian-carrot-ginger-salad.html



6 whole carrots, peeled

1 cup chopped parsley

2 teaspoons vegetable oil

3 tablespoons seasoned rice vinegar

1/8 teaspoon ground Szechuan peppercorns

3 tablespoons fresh ginger, grated - use a Microplane for this!

1/4 cup mayonnaise

1 teaspoon sesame oil

Sesame seeds and more parsley for garnish

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

Servings: 6

1. Using the large holes on your box grater (or the shredder disc on a food processor), shred the peeled carrots.
2. Toss that with the parsley.
3. In another bowl, combine the oil, vinegar, Szechuan pepper, ginger (and the juice), mayo and sesame oil. Taste and adjust to your taste.
4.Stir that into the carrots, let rest for a few moments, garnish and serve.

Per Serving (excluding unknown items): 124 Calories; 10g Fat (69.7% calories from fat); 1g Protein; 9g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 83mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.