

RECIPE



Spicy Asian Slaw

For a sweet and spicy, crunchy and chewy salad - check this out! I found it on the box of Sun-Maid raisins but added my own twist. One day I was out of raisins and still needed a sweet contrast to the spicy kick- so added some chopped apples. The salad was so good I kept the apples even with the raisins. Try it! You can also add grilled chicken chunks to make it a main course. This recipe is always a favorite at parties so be prepared to share!

3 T rice vinegar (Trader Joe's brand)
2 T light soy sauce
1 T toasted sesame seed oil (Trader Joe's brand)
1 tsp crushed red pepper
8 oz shredded cabbage (use pre-shredded bags for convenience)
½ cup raisins
¼ cup chopped unsalted peanuts
1/3 cup chopped scallions
1 large apple – diced

Mix first 4 ingredients in a bowl. Add cabbage, raisins, scallions and apples. Sprinkle with red pepper flakes. Chill ½ hour before serving.

Makes eight ½ cup servings @ 86 calories, 3.6 g fat, 2 g protein and 1.3 g fiber