

Mark's Kitchen

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This simple Asian Cabbage Salad comes from Liana Werner-Gray's book, [*10-Minute Recipes: Fast Food, Clean Ingredients, Natural Health*](#). It's packed with nourishing ingredients like carrots and sesame seeds that make up a crunchy, refreshing bite. This salad will really fill you up thanks to all the fiber in the cabbage and healthy monounsaturated fats from olive oil; it's a healthy lunch or dinner option and also really easy to make!

Asian Cabbage Salad

Ready in: 10 minutes

Serves: 4

INGREDIENTS:

For the salad:

- 4 cups cabbage, shredded
- 2 carrots, grated or shredded

For the dressing:

- ¼ cup olive oil
- ½ teaspoon sesame oil
- 1 tablespoon rice vinegar
- 2 tablespoons roasted sesame seeds
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon amino acids, like Bragg Liquid Aminos or soy sauce (optional)

DIRECTIONS:

Step 1: Mix the cabbage and carrots in a large bowl and toss.

Step 2: Mix the dressing ingredients well in a separate bowl. Pour on the salad and toss until well coated.

Nutritional Analysis: calories 199.9, total fat 16.1g, carbohydrate 14.5g, dietary fiber 2.8g , protein 2.2g