



NORTH MECK COMMUNITY
♥ FARMERS MARKET ♥



Recipe provided by Dee Iraca, Registered Dietitian & Professional Chef
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Napa Cabbage Salad (GF, DF, Vegan)

Servings: 4 – 6

Ingredients:

- 1 head Napa cabbage, washed and sliced 1/2-inch thick
- 1 bunch green onions (4-6), sliced
- 2 carrots, shredded or julienned
- 1 red bell pepper, sliced thin
- 1/4 cup cilantro, chopped
- 1/4 cup rice vinegar
- 1 Tbsp. soy sauce, tamari or coconut aminos
- 2 tsp. toasted sesame oil
- 3 Tbsp. neutral oil (grapeseed, canola or avocado)
- 1 garlic clove, finely minced
- 2 tsp. finely minced ginger
- 2 tsp. honey or maple syrup
- 2 Tbsp. sesame seeds (black or white)
- 4 Tbsp. roasted peanuts, chopped (optional)

Instructions:

1. Place the prepared cabbage, green onions, carrots, bell pepper and cilantro and place in a large bowl. Set aside.
2. Whisk the rice vinegar, soy sauce, sesame oil, neutral oil, minced garlic & ginger, and honey in a Pyrex measuring cup or glass bowl.
3. Right before serving, mix the dressing into the vegetables and toss using tongs. Top with sesame seeds and peanuts. Serve as a side, or top with chicken or shrimp to make it a meal.