

# ASIAN ALMOND SLAW SALAD

## INGREDIENTS:

### *For the salad:*

- 4 cups slaw mix
- 2 cups shredded or matchstick carrots
- 1 red bell pepper, julienned
- 1 cup sliced Almonds
- 1 cup cooked shelled edamame
- handful of cilantro leaves



### *For the dressing:*

- 1/4 cup rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon honey
- 1/3 cup light flavored oil
- pinch red hot pepper flakes
- salt and pepper, to taste

## DIRECTIONS:

1. In a large mixing bowl, combine slaw mix, carrots, red bell pepper, sliced almonds, and edamame. In a small bowls, whisk together rice vinegar, sesame oil, honey, oil and red pepper flakes (if using). Add pinch of salt and pepper to taste.
2. When ready to serve, gently toss slaw salad with freshly torn cilantro leaves and dressing. Do not use all dressing at once, add a little at a time and stop when you feel there's enough. Season salad with a pinch of salt and fresh ground pepper to taste. Serve immediately.

**Serves 6/ Serving Size: 1 cup**

**Each serving provides:**

**Calories: 188**  
**Fat: 8 g**  
**Saturated Fat: 0 g**  
**Cholesterol: 0 mg**  
**Sodium: 15 mgs**

