

ASIAN SLAW (SERVES 8)

INGREDIENTS:

½ medium cabbage (1 to 1 ½ pounds; about 6 cups sliced)

1 or 2 medium carrots

1 medium cucumber (about 12 ounces)

3 scallions or ½ medium red onion

Optional: 2 teaspoons chopped cilantro

For dressing:

1 tablespoon plus 1 teaspoon soy sauce (preferably low-sodium)

4 tablespoons lemon or lime juice

½ teaspoon sugar, or to taste

Optional: jalapeno, to taste

1 tablespoon plus 1 teaspoon sesame oil or canola oil

TIPS:

- Can be made with any kind of cabbage, or with a combination of cabbages.
- Note that all the vegetables in the recipe are optional. The Asian slaw can be made with as many or as few of them as you want.
- Can easily be turned into an Asian noodle salad: Cook ½- to 1-pound whole wheat pasta or soba noodles in boiling salted water. Drain and rinse under cold water to cool. Drain well. Toss noodles with Asian Slaw and serve.
- Can be prepared several hours or 1 day in advance. Cover and refrigerate.

DIRECTIONS:

1. Wash cabbage. Cut cabbage into 4 wedges and cut out the core. Cut the cabbage into thin slices. Place in a large bowl.
2. Wash the carrot(s). Cut off the top and bottom and any damaged pieces. Do not peel unless necessary. Grate the carrot(s). Add to the bowl.
3. Wash the cucumber. Peel only if the skin is very waxy. Trim the top and bottom ends of the cucumber. Cut the cucumber in half lengthwise (you'll get 2 long pieces) and scrape out the seeds with a spoon. Discard the seeds. Cut cucumbers into ¼-inch-thick pieces. Add to the bowl.
4. Wash the scallions. Trim off and discard the top inch of the green part and trim off the hairy root ends. Thinly slice the scallions. (If using onion: wash and dry the onion. Cut the onion in half and peel one half; wrap up and refrigerate the other half. Cut the peeled onion half into very thin slices.) Add to the bowl.
5. If using, wash and dry the cilantro. Chop the cilantro leaves.
6. Make the dressing: in a bowl, combine soy sauce, lemon juice, and sugar. If using, finely chop the jalapeno (seeds removed) and add the chopped jalapeno to taste. Add the sesame oil (or canola oil) and stir to combine. Taste and adjust seasoning as necessary. Pour dressing over the vegetables in the bowl and toss to combine. Taste and adjust seasoning if necessary. Season to taste with salt and pepper. If using, add cilantro, to taste, and stir to combine.
7. Allow Asian slaw to sit for 20 to 30 minutes at room temperature before serving. This will soften the cabbage and help the flavors come together.