

# ASIAN COLESLAW WITH 2 DRESSING OPTIONS



## INGREDIENTS

- 4 C Cabbage (1 cabbage head) (green) (shredded)
- 2 C Cabbage (1/2 cabbage head) (red) (shredded)
- 2 C Daikon Raddish (large) (shredded)
- 2 C Carrot (2 large) (shredded)
- 1 C Cucumber (sliced thinly)
- 1 C Red pepper (sliced thinly)
- 1/2 C Scallions (green onions) (chopped)

## DRESSING # 1

- 1 C Smart Beat mayonaise (fat-free)
- 1 C Water (cold)
- 1/4 C Lemon juice
- 1/2 C Honey
- 1 T Garlic (crushed)
- Salt & pepper to taste



## DRESSING # 2

- 5 T Peanut butter (creamy)
- 2 t Sesame oil
- 3 cloves Garlic (minced)
- 1/2 t Salt
- 3 T Rice vinegar
- 2 T Soy sauce (low sodium) OR Tamari (low sodium)
- 1 T Honey
- 1/2 t Tabasco Sauce
- Water (if necessary)

## DIRECTIONS

- 1 Whisk salad dressing ingredients of your choice until smooth
- 2 If the dressing it too thick add water & whisk until you have the consistency you want
- 3 Combine all the salad ingredients in a large bowl
- 4 Add dressing & for 2 hours in the refrigerator before serving

