

# Asian Slaw



Serves 12

Ingredients:

- 6 tablespoons rice wine vinegar
- 6 tablespoons oil
- 5 tablespoons creamy peanut butter
- 3 tablespoons soy sauce
- 3 tablespoons low-carb sweetener
- 2 tablespoons fresh minced ginger
- 1 ½ tablespoons minced garlic
- 5 cups thinly sliced green cabbage

- 2 cups thinly sliced red cabbage
- 2 cups shredded Napa cabbage
- 2 red bell peppers, thinly sliced
- 2 cups shredded carrots
- 6 green onions, chopped
- 1/2 cup chopped fresh cilantro

Instructions:

1. In a medium bowl, whisk together the rice vinegar, oil, peanut butter, soy sauce, sweetener, ginger, and garlic.
2. In a large bowl, mix the green cabbage, red cabbage, Napa cabbage, red bell peppers, carrots, green onions, and cilantro. Toss with the dressing just before serving.

Nutrition per serving: Calories 136; Total Fat 10.5 g; Saturated Fat 1.8 g; Monounsaturated Fat 3.3 g; Polyunsaturated Fat 5.8 g; Total Carbohydrates 8.9 g; Dietary Fiber 2.5 g; Sugar Alcohols 1.1 g; Sugar 4.5 g; Protein 3.0 g; Sodium 272 mg