

# RED CABBAGE SALAD WITH LIGHT ASIAN DRESSING

*Gluten Free, Low Carb / Diabetes Friendly, Lower Sodium*

*Serves: 6-7 (Serving= 1/2 cup)*

## Nutrition (per serving)

Calories: 122

Total Fat: 7 g

Saturated Fat: g

Sodium: 155 mg

Total Carbohydrate: 7 g

Dietary Fiber: 1.5 g

Protein: 9 g

## Ingredients

### *Salad*

- 2 cups red cabbage, sliced into thin strips
- ½ cup snap peas, ends cut off and diagonally sliced
- ½ cup green bell pepper, chopped

### *Dressing*

- 1/2 cup rice vinegar
- 1 Tablespoon peanut oil
- ½ Tablespoon San-J® or LaChoy® gluten free low sodium soy sauce

- 1/3 cup scallions, chopped
- 1/3 cup peanuts, chopped
- 1 boneless, skinless chicken breast, cooked and shredded
- 1 Tablespoon sugar
- 1 Tablespoon scallions, chopped
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic



**OSF**  
HEALTHCARE

## Directions

1. To make salad, combine cabbage, snap peas, green bell peppers, scallions, peanuts and shredded chicken in one large bowl.
2. To make dressing, combine rice vinegar, peanut oil, lite soy sauce, sugar, scallions, ginger and garlic in a separate small bowl; whisk until combined.
3. Pour dressing over salad and mix until cabbage is evenly coated. Place salad in refrigerator to marinate for about 2 hours before serving.
4. Enjoy as a side or main dish.



**OSF<sup>®</sup>**  
HEALTHCARE