

Snow Pea Slaw

Courtesy of Carole's Creations

Prep Time: 30 minutes

Serves: 4 - 6

CChints: This slaw can be served warm or cold. It is better served warm which softens the cabbage but if you like a real crunch, you may serve it cold. Jicama is a root vegetable that when peeled, reveals a hard white fiber with a mild root flavor. Cans of Hearts of Palm can be found on the vegetables isle.



(photo shown with grilled pork)

Slaw:

4 cups nappa cabbage, sliced paper thin
1/2 cup snow peas, ends trimmed and cut into 1 inch pieces
1 cup frozen peas, thawed
1/2 cup jicama, diced
1/4 cup red bell pepper, julienne-cut
2 green onions, sliced thin
1/2 cup hearts of palm, sliced
2 tablespoons fresh cilantro, diced
salt and pepper to taste

Dressing:

1 teaspoon rice wine vinegar
2 tablespoons sugar or Splenda®
1 teaspoon fish sauce
2 tablespoons fresh lime juice
1 teaspoon dark sesame oil
1/2 teaspoon grated ginger or ginger paste
1 tablespoon extra-virgin olive oil

Prepare the slaw by putting each ingredient from cabbage through cilantro in a large mixing bowl. To toast the pine nuts, put them in a dry small non-stick skillet of medium heat. Move them around in the pan for 3-5 minutes until they start to turn a golden brown. Remove them from the heat and put them in the slaw.

In a medium mixing bowl, combine the vinegar through lime juice. Stir well until the sugar is dissolved. Add the rest of the ingredients and blend well.

Pour the dressing over the slaw and toss for 1 minute to coat everything with the dressing. Place in an airtight bowl in the refrigerator for 2 hours before serving to allow the flavors to blend.

If the slaw is too crunchy, put the slaw in a microwave safe container. Cover, but leave a steam whole and cook for 1 minute at a time until the cabbage is at the desired tenderness. Serve warm or chill again before serving.

Note: For a dinner salad add pieces of cooked chicken, shrimp or sliced pork.