



Cabbage Salad



Ingredients:

- 1 Lg. Head green cabbage shredded
- 1 Cup purple cabbage, shredded
- 6 Green onions, chopped
- 1 Large carrot, shredded
- 1 Tbs. sesame seeds toasted
- 2 oz. slivered almonds, toasted

Dressing:

- 2 Tbs. olive oil
- 1 Tbs. sesame oil
- 6 Tbs. seasoned rice vinegar
- 3 Tbs. sugar
- 1/2 Tsp. salt
- 1/2 Tsp. pepper

Yield 15 servings

Preparation:

Mix and chill dressing ingredients.
Toss salad ingredients with salad dressing just before serving.

Nutritional information per serving:

*Calories 80,
Fat 5 gm,
Saturated fat 0.5gm,
Cholesterol 0 mg,
Fiber 4 gm,
Sodium 170mg*

Ask the Dietitian County of Los Angeles

www.lapublichealth.org/nutrition

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