

Recipe - Asian Coleslaw

Ingredients:

- 1 bag of pre-sliced coleslaw or 1 small head of cabbage sliced and 1 carrot grated
- ½ to 1 cup (loosely packed) cilantro leaves (use amount to your taste)
- 1 scallion, sliced (optional, it's fine if you don't have it)
- 1/3 cup of sesame seeds
- ½ cup of sliced almonds
- 3 TBS rice wine vinegar
- 2 TBS olive oil
- ½ package of sweetener like Equal (optional) or a few drops of stevia

Directions:

Stir and toast sesame seeds and almonds together in a dry pan (no need to coat, they won't stick) on the stove on medium to high heat until they begin to brown (stay with your pan, these can burn quickly). Take off heat once they are toasted.

Arrange slaw, carrot and cilantro in a bowl. Top with toasted seeds and nuts (it's ok if they're still hot/warm). Stir vinegar, oil and sweetener together in a separate bowl with a fork. Toss the cabbage, seeds and nuts with dressing just before serving.