

## 12. Cabbage Crunch

*This recipe makes six servings.*

This cabbage salad recipe is one of your best choices if you want to get all the nutrients and antioxidants that this cruciferous vegetable has to offer. Cabbage tastes good when served tender-crisp, with an appealing crunch that you'll surely find delightful.

When buying cabbage, look for heads that have shiny compact leaves, and that are free of blemishes. Avoid those that have leaf damage, and are light for their size.

### Ingredients:

- ½ head red cabbage, chopped finely
- ½ head white cabbage, chopped finely
- ½ red onion, chopped
- ½ cup chopped cilantro
- ½ jalapeno pepper, minced (optional)

### Dressing:

- 1 teaspoon gomasio (ground sesame with salt)
- 1 cup almond butter
- ½ cup cilantro, chopped
- 1 tablespoon toasted sesame oil
- 1 tablespoon minced fresh ginger
- ½ jalapeno pepper, chopped (optional)
- Juice of half a lemon
- 1 tablespoon apple cider vinegar
- 1 tablespoon seasoned rice vinegar
- 1 cup olive oil
- 1 tablespoon white miso paste\* (optional)

\*Found in the Asian aisle at the grocery store, or at an Asian market.

### Directions:

1. Mix the cabbage with the chopped onions. Add cilantro and jalapeno.
2. Place all the dressing ingredients into a food processor and blend briefly. Mix into salad mix and serve.

## Cabbage Salad

Combine: -

1 cup	Raw Cabbage, chopped finely
10 each	Mint leaves, chopped
1 tablespoon	Parsley, chopped
1 each	Red apple, chopped finely
3 each	Spring onions, chopped
1 stalk	Celery, chopped finely

Dress 30 minutes before serving with a tablespoon mix of: -

- 1 Honey; 1 Soy sauce (low salt); 2 Apple cider vinegar, and 3 Olive oil.
- ⅓ packet of Original fried (ready to eat) noodles sprinkled on top.