

Asian Style Asparagus Slaw

6 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 1 pound asparagus
- 4 cups green cabbage, finely shredded
- 1 carrot
- ¼ cup cilantro
- ¼ small onion, thinly sliced
- 1 Tablespoon toasted sesame oil
- 2 Tablespoons sweetened rice vinegar
- ¼ teaspoon ground black pepper

DIRECTIONS

1. Snap off and discard fibrous stem ends of asparagus. Rinse asparagus and drain. Bring 1" of water to boiling in a medium saucepan. Place asparagus in steamer basket, cover, and steam for 4 minutes or until asparagus is crisp-tender. Drain. Gently rinse with cool water.
2. Combine green cabbage, carrot, cilantro, and onion in a large bowl. Toss gently with sesame oil, vinegar, and pepper.
3. Divide asparagus spears among six salad plates and top with cabbage mixture.

Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 60

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 1mg 8%

Potassium 233mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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