



# ASIAN COLESLAW

By Dr. Cindy Tanzar  
(Standard/Vegan/Vegetarian/Maintenance)

This recipe is a new twist on traditional coleslaw. It is an easy salad to make with a lot of Asian flavors. We enjoy it with the Barbeque Turkey Burgers as a simple summertime meal. You will notice there is a small amount of raw carrot in the coleslaw mix. Either pick it out or don't worry about it. There is very little there to cause concern.

This recipe makes about 5 cups. One serving is two cups and covers your vegetable and fat for one meal.



## INGREDIENTS

### Dressing:

- 2 Tbsp extra virgin olive oil
- 3 Tbsp coconut aminos or Tamari (low sodium)
- 1 Tbsp white wine vinegar (can use rice or apple cider vinegar)
- 2 tsp toasted sesame oil
- 1/2 tsp garlic powder



Salad:

14 oz chopped coleslaw mix (can use traditional mix, as well)

1 small bell pepper, small diced (any color)

2 green onions, sliced thin crosswise

2-1/2 Tbsp raw sunflower seeds (not roasted)

## **INSTRUCTIONS**

In a medium bowl, whisk all the dressing ingredients together.

Add all salad ingredients into a large bowl, pour the dressing over it and toss well.

Can be eaten immediately or refrigerated for several hours to marry the flavors.

Can add some Pink Himalayan salt, if needed.