

# FEATURED RECIPE

## Ingredients:

### Dressing:

- 1/2 medium head cabbage
- 2-3 carrots, peeled,  
julienned
- 1/4 cup carrot greens and/or  
cilantro, chopped
- 2-3 green onions, sliced thin
- 1 cup bean sprouts, rinsed
- 1/2 cup toasted nuts—  
peanuts, cashews

### Optional:

- Toasted sesame seeds

### Dressing:

- 1/3 cup canola or other  
mild flavored oil
- 1 Tbls. Toasted sesame oil
- 1/4 cup rice wine vinegar
- 1/8 tsp. cayenne pepper



## Cabbage Sprout Slaw

*This recipe is a twist on a typical Asian slaw by adding bean sprouts and carrot greens. I recently discovered carrot greens and love using them—they are nice and tasty and bring in an herbal flavor. This is a very refreshing, light slaw that won't weigh you down.*

Mix cabbage, carrots, carrot greens, green onions and sprouts in medium bowl. Blend dressing ingredients and toss with salad vegetables. Add nuts and sesame seeds, if desired, just before serving.



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