

Asian Coleslaw

This slaw is packed with nutritious ingredients and crisp, fresh flavours perfect for springtime.

Salad

2 cups (500mL) shredded red cabbage
1 cup (250mL) thinly sliced daikon radish
1 cup (250mL) julienned carrots
4 cups (1L) shredded napa cabbage
½ cup (125mL) black sesame seeds

Dressing

¼ cup (65mL) lemon juice
1 tbsp (15mL) raw honey
1 tsp (5mL) minced fresh ginger root
1 tbsp (15mL) toasted sesame oil
1/3 (80mL) cup extra-virgin olive oil

1. Combine the salad ingredients.
2. Shake all the dressing ingredients in a jar.
3. Pour dressing over salad and toss to combine

Source: Meals that Heal Inflammation, Julie Daniluk