

Napa Cabbage Slaw with Toasted Almonds

Original recipe by Cynthia Lair for Cookus Interruptus. Copyright @ 2009.

<http://cookusinterruptus.com/asian-noodle-salad-with-toasted-sesame-dressing-4136-57.html>

Cabbage is amazing – it prevents cancer and heals wounds. No kidding.

Preparation time: 20 minutes

Makes 4 servings

Salad:

1/3 cup raw almonds, toasted and roughly chopped

½ napa cabbage, shredded or thinly sliced (~ 4 cups)

2 scallions, chopped fine

¼ cup chopped cilantro

Dressing:

2 tablespoons lime juice

2 tablespoons rice vinegar

1 teaspoon tamari

1 tablespoon sugar

3 tablespoons olive oil

2 teaspoons toasted sesame oil

½ teaspoon sea salt

1. To toast almonds, place whole almonds in a baking pan and toast in a 300-325 degree F. oven for 10-15 minutes. Until the color begins to darken and they give off a rich nutty aroma.
2. Combine lime juice, vinegar, tamari, sugar, oils and salt in a salad bowl. Whisk to incorporate.
3. Prepare vegetables and chop almonds. Put in bowl and toss gently until mixed with dressing.

Class recipes can be found at www.evergreenhealth.com/recipes