

FROM THE KITCHEN OF SIDNEY PHARIS, ND

Asian Coleslaw

INGREDIENTS

- 3 tbsp rice wine vinegar
- 3 tbsp olive oil
- 3 tbsp creamy peanut butter (natural, unsweetened)*
- 2 tbsp tamari sauce (low sodium)
- 1 tbsp brown sugar
- 1 - 1 1/2 inches fresh ginger, finely grated
- 2-3 cloves garlic, finely grated
- 2 cups purple cabbage, finely sliced
- 2 cups green cabbage, finely sliced
- 2 red bell pepper, finely sliced
- 1 large carrot, julienned
- 3 green onions, chopped
- 1/2 cup fresh cilantro, chopped

METHOD

1. Whisk together rice vinegar, oil, peanut butter, tamari, brown sugar, ginger, and garlic. Set aside.
2. Cut up all vegetables into fine pieces and mix in a large bowl.
3. Toss with the peanut sauce 30 minutes before serving.
4. Slaw can be kept in the fridge for a couple days.



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