



Recipes

Salads

Cabbage, Sprout and Asparagus Salad

Prep Time: 10-15 minutes

Cook Time: 3 minutes

Yield: 4-6 servings

Ingredients:

- 1 pound asparagus cut into 2 inch pieces
- 1 cup red cabbage, shredded
- 1 cup green cabbage, shredded
- 1 cup sprouts
- ¼ bunch watercress
- 2 cup snow pea-shoots
- 1 tablespoon chopped mint
- ¼ cup toasted chopped peanuts

Dressing:

- ½ cup apple cider
- 2 tablespoons mirin
- 2 tablespoon tamari or shoyu
- ¼ cup rice vinegar
- 1 tablespoon canola oil

Directions:

1. Steam asparagus until tender. Refresh in cold water.
2. In a small bowl or container with a lid, prepare dressing.
3. In a large bowl combine asparagus, cabbage, sprouts and dressing.
4. Serve over watercress and garnish with pea-shoots, mint leaves and toasted peanuts.