



THAI CABBAGE SALAD

- 1/4 head each green and red cabbage,
thinly sliced (or grated with a mandoline)
- 2 large carrots, washed and grated
- 6 scallions, white part only, minced
- 1 cup raw peanuts
- 1 T grapeseed oil
- 1 t hot pepper sesame oil
- 1 t toasted sesame oil
- 1 T tamari or Shoyu sauce
- 2 T rice wine vinegar
- 1/2 bunch fresh cilantro, washed, dried, chopped

Directions: Place the shredded cabbage, grated carrots and minced scallions in a large mixing bowl. In a small saucepan, toast the peanuts in the grapeseed oil over medium heat, shaking the pan to brown them evenly. Being careful not to splatter yourself, dump the sizzling peanuts onto the raw veggies, draining all the oil out of the saucepan as well. Add the hot oil, the sesame oil, tamari and vinegar. Toss and let sit for a few minutes. Just before serving, toss in the chopped cilantro. Adjust the seasoning — feel free to make it spicier.

The pale green and purple of the two cabbages, the deeper green of the cilantro, and the orange of the carrots all work together to make this very appealing visually, as well as including most of the colors that we are supposed to have in our diet.

*Joyful cooking.
Healthy eating.*

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