

## Napa Cabbage Salad with Ginger Lime Dressing

- 8 cups Napa cabbage, thinly sliced
- 3 carrots, grated
- 1 apple, grated
- ½ tsp. salt
- 1 tbs. lime juice
- 2 tbs. olive oil, divided
- 1 tbs. minced onion
- 1 tbs. minced fresh ginger
- 1 tbs. honey
- 2 tbs. rice vinegar

1. Combine the cabbage, carrots, apple, salt, and lime juice in a large bowl.
2. In a medium skillet, cook the minced onion in 1 tablespoon of olive oil for 5 minutes. Add the ginger and cook for an additional 30 seconds.
3. In a jar, mix the remaining tablespoon of olive oil with the honey and rice vinegar. Add the veggies from pan.
4. Pour the dressing over the cabbage mixture and mix well. Refrigerate for an hour before serving. This will wilt a bit if you leave it in the refrigerator for a few days, but it still tastes great.

## Napa Cabbage Salad with Peanut Dressing

- 1 head Napa cabbage, thinly shredded
- ¼ small head red cabbage, thinly shredded
- 1 carrot, peeled and julienned
- 1 cup snow peas, thinly sliced
- ¼ cup fresh basil leaves
- ¼ cup cilantro leaves
- 1 avocado, diced
- ¼ cup chopped roasted cashews
- 2 tablespoons black sesame seeds
- **for the dressing:**
- 2 tablespoons smooth peanut butter
- 2 tablespoons rice-wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon honey or brown sugar
- ½ teaspoon sriracha
- 1 clove garlic, finely minced
- 1 teaspoon freshly grated ginger
- 2 tablespoons water

Combine the cabbages, carrots, snow peas, avocado and half the herbs in a large bowl.

Whisk together all the ingredients for the dressing in a separate bowl, adding more water to thin if necessary.

Toss the cabbage mixture with the peanut sauce and top with the reserved herbs, cashews and sesame seeds.

## Coconut Curry Salad

- 1 can low-fat coconut milk
- ¼ cup creamy peanut butter
- 1 tablespoon yellow curry powder
- 1 clove garlic
- juice of a lime
- 1-2 teaspoons sriracha
- 1 teaspoon kosher salt (or to taste)
- 3 cups chopped kale
- 2 cups chopped napa cabbage
- 1 red bell pepper, chopped
- 1 cup shredded carrots
- 1 cup chopped mango
- ½ cup chopped peanuts
- ½ cup chopped cilantro

1. Place all ingredients in a blender (coconut milk through salt) and blend on high speed until very smooth. Place dressing in a saucepan, bring to a boil then simmer until reduced and thickened, about 10 minutes. Set aside to cool.
2. Place remaining ingredients into a large bowl, toss with dressing and serve immediately.