

# CHOPPED ASIAN SALAD



Yield: 4 servings | Total Cook Time: 20 minutes



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## Ingredients

### Dressing:

2 Tbsp Canola oil

1 Orange, zested and juiced

2 Tbsp Teriyaki sauce

1 Garlic clove, minced

1 Tbsp Fresh ginger, minced (or 1 tsp ground)

1 tsp Sugar

1/2 tsp Salt

### Slaw:

1/2 cup Cabbage, shredded

1/2 cup Carrots, shredded

1/4 Red onion, thinly sliced

## Instructions

- In a medium bowl, mix together all dressing ingredients.
- Rinse sliced red onions in hot water and drain. Repeat twice more, then add drained and sliced red onions to dressing.
- To the mixed dressing and onions, add shredded cabbage and carrots. Mix together until well combined. Best if you let it marinate for 1 hour before serving. Can be made up to 1 day ahead of time.

This salad makes for a colorful and nutrient-rich side dish. You can make it a full meal by adding your favorite lean protein like chicken or turkey. This dish is a low carbohydrate, low sodium, high fiber option.

