

RECIPE CENTER

DESCRIPTION:

Whether you are planning a picnic or hosting a light spring lunch, this Thai-inspired salad will add a festive flare. Just mix up some whole natural toasted and chopped almonds, fresh mint and finish with a light citrus dressing. Yum!

INGREDIENTS:

3 cups sliced red cabbage
3 cups sliced green cabbage
1 cup grated carrots
1/4 cup thinly sliced green onions
1/2 cup whole natural almonds, toasted and chopped
Citrus Dressing (see recipe below)
Citrus Dressing : 1/2 cup almond or vegetable oil
1/4 cup fresh lime juice
2 tsp. sugar
2 tsp. fresh cilantro, finely chopped
2 tsp. fresh mint, finely chopped
1/4 tsp. salt

PREPARATION:

Toss together all ingredients, except Citrus Dressing, in a large mixing bowl. Toss with dressing to serve. | Citrus Dressing : Combine all ingredients in mixing bowl. Whisk until blended.

NUTRITIONAL INFO:

Calories 108; Fat 7 g; Sat Fat 0.5 g; Mono Fat 4.2 g; Poly Fat 1.7 g; **Protein 4 g**; **Carb 10 g**; Fiber 4 g; **Cholesterol 0 mg**; **Sodium 21 mg**; Calcium 83 mg; Potassium 369 mg; Vitamin E 3.6 mg*;

[< Back to Recipe Center](#)

THAI CABBAGE SALAD



Rate It

Serves: 5

[View Comments/Reviews](#)