



REVOLUTIONARY HEALTHY ASIAN SLAW

NATASHA ROSENSTOCK NADEL · DEC 21, 2015

10 SHARES



Several participants in my yoga class were raving about a popular version of Asian slaw and handed me a copy of the recipe. I admit that I love this dish when it is served to me at other people's homes. However, seeing the actual ingredients, such as 1 cup of sugar and 1 cup of oil, practically gave me a heart attack! I promised to return with a healthier version. This is my creation; Revolutionary Healthy Asian Slaw. I knew it was a hit when, after posting it on my blog, a friend actually brought it to a potluck lunch at MY house!

5MIN DURATION	5MIN PREP TIME	10-12 SERVINGS
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INGREDIENTS

Salad:

½ (5-ounces) bag matchstick carrots

1 red pepper, diced

1 (12-ounce) bag coleslaw mix:
Choose from broccoli slaw, regular coleslaw, or fancy options like Asian slaw with kale and snow peas.

Garnish:

2 handfuls slivered almonds (raw, unsalted)

2 handfuls sunflower seeds (raw, unsalted)

Dressing:

¼ cup brown rice vinegar

2 tablespoons maple syrup (up to ¼ cup, depending on how sweet or acidic you like your slaw)

¼ teaspoon ground ginger from a glass jar (taste and see if you want to add another ¼ teaspoon)

PREPARATION

Mix all salad ingredients in a large bowl. In a separate bowl, mix the dressing ingredients. Pour over the salad and mix well. Add the slivered almonds and sunflower seeds and gently mix the salad again. If possible, let it marinate in the fridge for several hours before serving.

This recipe is reposted with permission from [The Healthy Family, Healthy You Cookbook](#), by Natasha Rosenstock Nadel.

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NATASHA ROSENSTOCK NADEL

Named "Most Creative Problem Solver," by Dr. Neil Barnard and his staff at the conclusion of her Physician's Committee for Responsible Medicine migraine study group, Natasha Nadel is a journalist and a mom who provides healthy substitutes for the typical shortcuts parents make when trying to feed their family quickly. Natasha wrote her [cookbook](#) and Healthy Mama's Guide for parents like her who don't want to work so hard to feed their children healthy and delicious meals made from whole foods. She lives outside Washington, DC with her husband, son and daughter.

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