



SIDE| PEAK SEASON: Spring

Crunch Carrot & Cabbage Slaw

Recipe by: Kiandra Call

This fresh and colorful slaw combines crisp cabbage, sweet carrots and a tangy dressing for a simple side dish, packed with flavor. Inspired by Asian style slaws, it comes together quickly using affordable ingredients and is a great way to enjoy seasonal produce.

Nutritional Info

Makes 6 servings - 1 cup per serving

Calories: 95

Carbs: 12g

Fiber: 3g

Protein: 2g

Fat: 4g

Sugar: 7g (naturally occurring + honey)

Sodium: 180mg

Ingredients

- 1 head of cabbage, thinly sliced
- 2 carrots, washed and peeled into ribbons or shredded
- 1 small white onion, thinly sliced (or use 3-4 green onions, sliced)
- ¼ cup of chopped cilantro or parsley
- 1 tbsp sesame seeds (optional)
- 2 tbsp rice vinegar or apple cider vinegar
- 1 tbsp of low sodium soy sauce or liquid aminos
- 1 tbsp honey or agave
- 1 tbsp chili crisp oil or red pepper flakes (optional)
- 1 tsp sesame oil
- 1 clove of garlic, minced

Instructions

1. Wash and prepare all vegetables. Thinly slice cabbage and onion and peel carrots into ribbons using a vegetable peeler.
2. Place cabbage, carrots, onion and herbs into a large mixing bowl.
3. In a small bowl, whisk together vinegar, soy sauce, honey, chili oil or flakes, sesame oil or seeds and garlic until well combined.
4. Pour the dressing over the vegetables and toss until evenly coated.
5. Let the slaw sit in the fridge for 20-30 minutes before serving to let the flavors develop.
6. Serve chilled or at room temperature.

Additional Info

- Cabbage is rich in vitamin C, fiber and beneficial plant compounds that support digestive and immune health.
- Carrots provide beta-carotene, which the body converts into vitamin A to support eye health and immune function.
- Fresh herbs like cilantro and green onion add flavor without relying on excess sodium.
- This slaw can be prepared ahead of time and often tastes better after being chilled in the fridge before serving. The flavors develop more after 24 hours and keep getting better, making this an excellent side dish to have in your fridge to add to wraps, salads, sandwiches or a side to a stir-fry.

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