

# *Napa Slaw*

## Nutritional Highlights

- This dish is full of vegetables including cabbage, snap peas, bell pepper, and green onions, providing loads of fiber, vitamins, and minerals.
- Cashews add heart healthy fats to this dish

## Ingredients

- 4 cups shredded Napa cabbage
- 1 cup sugar snap peas, sliced crosswise
- 1 small red bell pepper, seeded and cut into bite-size strips
- ¼ cup sliced green onions
- 1 Tbsp chopped fresh cilantro
- ¼ cup chopped cashews
- Dressing:
  - 1 Tbsp rice vinegar
  - 1 tsp toasted sesame oil
  - ¼ tsp salt
  - 1/8 tsp red pepper flakes
  - 3 Tbsp extra virgin olive oil

## Directions

- In a large bowl, toss the cabbage, peas, bell pepper, green onions, and cilantro to combine.
- In a small bowl, whisk together the vinegar, sesame oil, salt, and red pepper flakes. While whisking, drizzle in the olive oil to emulsify.
- Pour the dressing over the cabbage mixture and toss to coat. Sprinkle with chopped cashews and serve.