

Asian Cabbage & Orange Salad with Ginger

Center for Ecoliteracy -
Cooking with California Food

Flavor Profile: Asian
4 Servings

Give this simple cabbage salad an Asian twist by using Napa cabbage, plus Asian flavors such as ginger, sesame, and soy. Green, red, or savoy cabbage could be.



Ingredients:

1/2 cup seasoned rice vinegar
1 tablespoon toasted sesame oil
1 teaspoon grated fresh ginger
1 teaspoon honey or brown sugar
1 teaspoon soy sauce
1/2 head Napa cabbage, thinly shredded
1 navel orange, segmented, and each segment halved
1/2 cup fresh cilantro leaves
1/4– 1/2 teaspoon Kosher salt

Directions:

In a bowl, mix together the vinegar, sesame oil, ginger, honey, and soy sauce. Put the cabbage, orange segments, and cilantro in a bowl, pour the sauce over them, and toss well.

Season with salt.

Suggestion: Add chicken and crispy wontons or noodles for an entree salad.