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A sweet, savory, buttery, green and healthy food blog by Sanura Weathers

RED CABBAGE AND SNOW PEA SALAD

Make this visually stunning shredded vegetable salad with an Asian-Inspired Vinaigrette to compliment this summer's hottest grilled or roast meat. Recipe originally at blog.sanuraweathers.com/2011/06/red-cabbage-snow-pea-salad/. **Questions or comments about this recipe? Email Sanura@MyLifeRunsOnFood.com**

Ingredients

10 oz. snow peas; cleaned with ends trimmed; vertically slice thin
3-cups of shredded red cabbage
1 cup of grated carrots
3 green onions; sliced thin
1/2-cup fresh mint
1/2-cup fresh cilantro
Sea salt and fresh black pepper
Asian-Inspired Vinaigrette (Recipe provided below)
Garnish: Sesame seeds

Directions

1. Gently toss all ingredients.
2. Garnish each serving with sesame seeds.
3. Enjoy

ASIAN-INSPIRED VINAIGRETTE

Ingredients

1 tbsp. fish or soy sauce
3 tbsp. peanut/neutral oil
1-inch piece ginger; grated
3 tbsp. rice vinegar
1-inch grated fresh ginger
Crushed red pepper; to taste
1 tsp. sesame oil
The juice of one lime

Directions

1. Whisk all ingredients together.
2. Toss with Shredded Red Cabbage and Snow Pea Salad.

FIRST COME, FIRST SERVE... Stay updated with MyLifeRunsOnFood.com via:

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