

Asian Kale Slaw with Ginger Peanut Dressing

Servings: 6

Total Time: 20 Minutes

Ingredients For the Salad

- 4 cups chopped, curly kale, stems removed
- 3 cups shredded red cabbage
- 2 cups shredded carrots
- 1 red bell pepper, sliced into bite-sized pieces
- 3/4 cup slivered almonds, toasted
- 1/2 cup chopped, fresh cilantro

Ingredients For the Dressing

- 3 tablespoons creamy peanut butter
- 3 tablespoons unseasoned rice vinegar
- 1 tablespoon fresh lime juice
- 3 tablespoons vegetable oil
- 1 tablespoon soy sauce
- 3 tablespoons honey
- 1 tablespoon sugar
- 1 large clove garlic, roughly chopped
- 1-inch square piece fresh ginger, peeled and roughly chopped
- 3/4 teaspoon salt
- 1/2 teaspoon Sriracha chili sauce
- 1/2 teaspoon Asian sesame oil

1. Combine all of the ingredients for the salad in a large mixing bowl.
2. Combine all of the ingredients for the dressing in a food processor or blender; process until smooth and creamy.
3. Pour the dressing over the salad and toss well. Serve immediately.

Nutrition Information

- Per serving (6 servings)
- **Calories:** 282
- **Fat:** 18g
- **Saturated fat:** 2g
- **Carbohydrates:** 28g
- **Sugar:** 17g
- **Fiber:** 6g
- **Protein:** 7g
- **Sodium:** 505mg
- **Cholesterol:** 0

Adapted from: <http://www.onceuponachef.com/recipes/asian-kale-slaw-ginger-peanut-dressing.html> by Market Lady Carolyn Smith

Webb City Farmers Market

Saturdays from 9 to noon

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In the pavilion at the South Main Street entrance to King Jack Park