

Crunchy Oriental Salad

1 ½ cups shredded red cabbage
1 ½ cups shredded green cabbage
4 ounces snow peas, julienned
1 sweet red pepper, thinly sliced
½ cup thinly sliced radishes
½ cup low-sodium vegetable stock
2 Tbsp. Lemon juice
1 Tbsp. Low-sodium teriyaki sauce
½ tsp sesame oil
1 tsp cornstarch
1 Tbsp grated fresh ginger, or ½-1 tsp ground
2 tsp sesame seeds
½ tsp or more red-pepper flakes

1. In a large bowl, combine the cabbages, snow peas, peppers and radishes; set aside.
2. In a small saucepan, mix the stock, lemon juice, teriyaki, oil and cornstarch until the cornstarch is dissolved. Bring to a boil over medium heat, stirring frequently, and cook until slightly thick. Remove from heat and stir in the ginger, sesame seeds, and pepper flakes.
3. Pour over vegetables and mix well. Cover and refrigerate for at least 1 hour.

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