



Marjie C. Andrejciw, MT (ASCP) MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifenutrition.net

Ginger Dressing Slaw

Ingredients for Slaw:

- 1 cup celery, chopped
- 1 cup orange bell pepper, chopped
- 1 cup green cabbage, shredded
- 1 cup red cabbage, shredded
- 1 cup napa cabbage, shredded
- ½ cup scallions, chopped
- ½ cup ginger dressing (see recipe below)
- ½ tbsp sriracha sauce
- 3 springs cilantro, coarsely chopped
- 1 cup mango

PREPARATION for Slaw:

1. Combine all veggies and toss with ginger dressing.

Ingredients for Ginger Dressing:

- 2 tbsp ginger
- 2-3 tbsp cilantro
- 4 tbsp rice vinegar
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tbsp mustard
- 1 tsp pepper

PREPARATION for Ginger Dressing:

1. Place ginger and cilantro in blender, blend.
2. Add vinegar, honey, mustard and pepper.
3. Drizzle oil slowly and blend.