Orange Wasabi Cabbage Salad

Ingredients

Salad
3-4 cups thinly sliced green cabbage
3-4 cups thinly sliced red cabbage
4-5 large carrots, peeled or shredded
3-4 green onions, sliced into thin rounds

Dressing
½ cup freshly squeezed orange juice
¼ cup extra virgin olive oil
2 Tablespoons apple cider vinegar or coconut vinegar
1-2 Tablespoons wasabi powder
½ teaspoon Herbamare

Directions
1. Use either your food processor with the slicing disc to cut the cabbage or slice it thinly with a sharp knife. For the carrots you can use a vegetable peeler to make wide, thin strips or shred them. Place all salad ingredients into a large bowl and toss together.
2. To make the dressing, add all ingredients to a blender, or use an immersion blender in a glass jar, and blend on high for 30 seconds or so. I find that the wasabi powder doesn’t mix in very well unless blended. Pour dressing over salad, toss, and serve.

Yield: 6 servings

Recipe from “Nourishing Meals” by Alissa Segersten and Tom Malterre