

Asian-Style Cabbage Salad

Serves 4

4 cups finely shredded green cabbage or 1 bag coleslaw mix

1 medium carrot, shredded

1 bunch scallions, cut thin (just the white part)

1 medium carrot, minced

1 medium bell pepper, cut into long thin strips

2 tablespoons honey

2 tablespoons light soy sauce

½ cup minced cilantro

1 small cucumber, peeled and cut into small pieces

Toss all the ingredients together into a large bowl. Chill. (The dish will keep up for up to 24 hours without getting too soft.)

Group 2: Add 2 tablespoons of sesame seeds and 1 tablespoon of sesame oil

Group 3: Add 3 ounces grilled shrimp per person

Group 4: Add 3 ounces, skinless chicken breast per person