



# Kimchee Slaw

The chilli peppers make the dish a little spicy, and offer more than your daily dose of **vitamin C**. Cabbage and ginger contain **antioxidants**, and ginger is thought to act as a stimulant and aid digestion, as well. Your grandmother might like it, but this is not your grandmother's coleslaw.

Prep: 10 minutes • Total: 10 minutes

## Ingredients:

Small bunch radishes	1 bunch	1 bunch
Red onion	1 each	1 each
Napa cabbage	½ head	½ head
Small bunch cilantro	1 bunch	1 bunch
Red chilli pepper, fresh	1 each	1 each
Green chilli pepper, fresh	1 each	1 each
Ginger root, fresh	1" piece	1" piece
Limes	2 each	2 each
Asian sesame oil	Splash	Splash
Salt	Pinch	Pinch

## Directions:

- Wash radishes well, peel onion, and cut onion in half.
- Shred radishes, onion, and cabbage in food processor. Transfer to serving bowl.
- Remove stems from chilli peppers, and add de-stemmed chilli peppers to food processor. Add cilantro, and shred.
- Peel ginger, and crush into chili mixture. Transfer mixture to serving bowl with cabbage mixture.
- Half limes, and squeeze their juice into the serving bowl. Add pinch of salt and splash of oil. Mix well with hands.
- Taste to check balance; add seasoning if necessary.
- Serve!

## Nutrition Facts

Serving Size (213g)

Servings Per Container

Amount Per Serving

**Calories 80**      **Calories from Fat 35**

% Daily Value\*

**Total Fat 4g**      **6%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 20mg**      **1%**

**Total Carbohydrate 11g**      **4%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein 2g**

Vitamin A 0%      • Vitamin C 120%

Calcium 6%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The London Training Centre

Makes 4 servings (213g / serving) • 1 serving = 1 cup

**Prepared By:** Jennifer Broxterman, Registered Dietitian & Lisa Doerr, BScH Foods & Nutrition student  
**NutritionRx • Email:** info@nutritonrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca