

## Asian Summer Slaw with Green Mango & Bell Peppers

*A wonderful fresh alternative to a traditional BBQ side dish and full of fibre and vitamin A & C! All coming in at under 100 calories per serving!*

### **Ingredients**

3 cups red & green cabbage, shredded  
½ cup green mango, cut into matchsticks  
½ cup zucchini, cut into matchsticks  
½ cup yellow bell pepper, cut into matchsticks  
½ cup orange bell pepper, cut into matchsticks  
½ cup shredded carrot  
½ cup chopped, fresh cilantro  
¼ cup thinly sliced green onions

### *Dressing:*

3 tbsp fresh lime juice (2 limes)  
1 tbsp fish sauce  
1 tbsp water  
1 tsp raw honey  
½ tsp red chili sauce with garlic



### **Preparation**

1. Toss veggies, cilantro and dressing together in large bowl. Let the flavours meld in the fridge for a minimum of 30 minutes.
2. Just before serving, toss ingredients and squeeze the juice of two limes over the top. Sprinkle with peanuts or chia seeds to garnish, if desired. Serves 4.

### **Nutrition (per 1.5 cup serving)**

86 calories, 3g protein, 20g carbohydrates, 0g fat, 5g fibre

### **Health Benefits of Cabbage**

Cabbage is full of nutrients, including Vitamin C. In addition, red cabbage's purple pigment contains strong anti-oxidant activity commonly found in blueberries.

When cabbage is sliced or chopped, anti-carcinogenic compounds, called glucosinolates are formed, but cooking breaks down the enzyme that creates these compounds, stopping their production. So to maximize its healthful properties, cabbage should be eaten raw (as in this recipe) or cooked for less than five minutes.

Cabbage is also heart-healthy: raw or cooked, cabbage reduces cholesterol levels, though steaming produces the greatest cholesterol-lowering benefits.