



Prep	Cook	Ready in	Servings
15 min	0 min	15 min	4

Asparagus Asian Slaw

A beautiful assortment of vegetables!

Ingredients

1 whole lime(s)	Lime peel (zest) (for dressing)
1 whole lime(s)	Lime juice (fresh) (for dressing)
1 tbsp	Coconut aminos, Coconut Secret (optional, for dressing)
1 tsp minced	Ginger root (for dressing)
1 tbsp	Olive Oil, Extra Virgin (for dressing)
1 tbsp	Sesame oil (for dressing)
1/2 tsp, minced	Red chili pepper (also chile or chilli) (for dressing)
1 dash	Black pepper (for dressing)
1 pinch	Sea Salt (for dressing)
454 gm	Asparagus (ends trimmed, cut into long strips)
1 medium	Carrots (julienned)
1 medium pepper(s)	Red bell pepper (julienned)
1 cup shredded	Red cabbage
1/4 cup	Mint, fresh (chopped)
1/4 cup	Cilantro (coriander) (chopped)
1/2 cup	Cashew nuts, raw (toasted, for topping)
3 tbsp	Sesame seeds (for topping)

Instructions

1. In a small bowl, combine lime zest and juice, coconut aminos (if using) and ginger root.
2. While mixing, slowly pour in olive and sesame oils until combined. Sprinkle in red chili pepper, black pepper, and salt.
3. In a large bowl, combine asparagus, carrots, red bell peppers, cabbage, mint, and cilantro.
4. Toss the vegetables with the dressing until well combined.
5. Top with cashews and sesame seeds. Enjoy!

Notes:

Quick Tip:

For additional Protein - sprinkle salad with 1 tablespoon of hemp seeds!

Nutritional Highlights:

Vegetables provide key vitamins and minerals required for vital health and the maintenance of the body.

Nutrition Facts	
Per Portion	
Calories	275
Calories from fat	160
Calories from saturated fat	25.6
Total Fat	17.8 g
Saturated Fat	2.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.7 g
Monounsaturated Fat	8.9 g
Cholesterol	0
Sodium	173 mg
Potassium	566 mg
Total Carbohydrate	24.1 g
Dietary Fiber	5.7 g
Sugars	11.8 g
Protein	7.5 g

Dietary servings

Per Portion

Meat Alternative	0.8
Vegetables	2.8

Energy sources

Carbohydrates	31%
Fat	58%
Protein	11%