Sweet Potato and Red Cabbage Slaw with Miso Dressing

Total Time **30 min**
Prep **15 min**, Cook **15 min**
Servings **6 (1 1/4 cup each)**

Your favorite vegetables just got even more flavorful. First, you prepare your vibrant orange, purple, and green vegetable base. Then, you enhance the flavor with the addition of your Asian-style miso dressing.

[Sweet potatoes](https://www.verywellfit.com/sweet-potato-nutrition-facts-calories-and-health-benefits-4117290) contain more fiber than other potatoes, and they are an excellent source of [vitamin A](https://www.verywellfit.com/top-foods-containing-vitamin-a-2505911) and potassium. Cabbage is high in ​[vitamins C](https://www.verywellfit.com/foods-high-in-vitamin-c-2507745)and K and falls into the cruciferous vegetable group.

Cruciferous vegetables contain compounds called isothiocyanates, which may help reduce the risk of certain cancers, including esophageal and gastric cancers. Tossing in tons of chopped herbs and greens and adding in a few shakes of sesame seeds keeps this salad crunchy, cool, and fun to eat.

Ingredients

* 3 small sweet potatoes or yams
* 1/4 cup toasted sesame oil
* 1/2 medium head red cabbage
* 2 medium carrots
* 3 small scallions
* 1 cup cilantro
* 1 cup arugula
* 1 tablespoon sesame seeds
* 1 tablespoon white miso paste
* 2 tablespoons rice vinegar
* 1 tablespoon coco aminos or tamari
* 1 teaspoon fresh grated ginger
* 1 small garlic clove, pressed or grated

Preparation

1. Roughly peel the sweet potatoes and slice into small cubes.
2. Heat sesame oil in a large skillet and add the sweet potatoes. Stirring occasionally, cook until the potatoes are starting to brown and are tender (about 12 minutes). Using a slotted spoon or spatula, transfer the potatoes to a large bowl, leaving any remaining oil in the skillet.
3. Meanwhile, shred the purple cabbage and julienne or shred the carrots. Thinly slice the scallions and roughly chop the cilantro and arugula. Add everything to the bowl with the potatoes and toss together with the sesame seeds.
4. To make the dressing: in a medium bowl, whisk together the miso paste, rice vinegar, coco aminos, ginger, garlic and the remaining sesame oil from cooking the potatoes.
5. Toss the dressing with the cabbage slaw and serve with extra sesame seeds on top.

Ingredient Variations and Substitutions

Add even more purple to this slaw recipe with purple sweet potatoes! Purple sweet potatoes contain the highest amount of antioxidant activity of all sweet potatoes, due to their high anthocyanin and phenolic content. To increase the amount of protein in this vibrant salad, add cubes of sauteed or baked tofu. For a Thai flare, instead of the sesame seeds, add 1 ounce (1 handful) of toasted peanuts.

Cooking and Serving Tips

Enjoy your leftovers cold the next day, when the potatoes will be a softer texture. This recipe is also a great side dish to pair with [baked salmon](https://www.verywellfit.com/honey-mustard-herbed-salmon-4121363). The salad tastes best when consumed within 5 days of preparation.