

PREPARATION: 20 MINUTES

4 SERVINGS



DRAGON VEGETABLE SALAD

Nutrient Analysis

Per serving: ¼ of recipe

Calories	192 Kcal
Protein	4 g
Carbohydrates	14 g
Fibre	3 g
Sugars	9 g
Total Fat	14 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	133 mg
Potassium	366 mg
Phosphorus	97 mg

INGREDIENTS

Salad

2 ½ cups coleslaw mix

½ cup Lebanese cucumber, half rounds

½ cup radish, half rounds

½ cup mint or cilantro, chopped

Dressing

¼ cup nutritional yeast

¼ cup olive oil (or canola)

2 tablespoons water

2 tablespoons rice wine vinegar

1 ½ tablespoons honey

2 teaspoons low-sodium soy sauce*

2 teaspoons fresh ginger, grated

1 small garlic clove, minced

PREPARATION

- 1** In a bowl, whisk together all ingredients for the dressing. Transfer to a container, cover, and place in the fridge.
- 2** Combine all salad ingredients in a large bowl. Add the dressing and fold it into the salad before serving.

* Check the label and choose a low sodium soy sauce without potassium additives.