



Asian Cabbage Salad

1 Tablespoon vegetable oil
1 teaspoon sesame oil
3 Tablespoons rice vinegar
1 Tablespoon sugar
1 teaspoon soy sauce
pinch cayenne pepper
3 cups shredded cabbage
1 cup shredded bok choy
¼ cup sliced green onion
1 carrot, thinly sliced

Combine the first five ingredients in a medium sized mixing bowl and mix well to make dressing. Add the rest of the ingredients and mix together well. Cover and refrigerate until ready to serve, up to 24 hours. Makes about 4 cups

Per recipe: 125 mg phe
Per ½ cup serving: 16 mg phe



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