

Red Cabbage, Arame & Apple Slaw



Sirve:

6 - 8 servings, as a side dish

Pieza:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl
small mixing bowl

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Arame, a mild and sweet tasting sea vegetable, is a nutritious addition to vegetable slaws. Arame is a significant source of protein, vitamins A, B complex, iron and calcium.

1/4 cup
 arame
(5
g)
 1 small
head red cabbage, sliced, use Cone #4 (approximately 2
pounds/907 g)
 1/4 cup
 red onions, strung, use Cone #2
(29
g)
 3 carrots, trimmed, scrubbed and julienned, use Cone #2
 2 apples, scrubbed and processed, use Cone #3

Dressing

2
tablespoons fresh lime (30 ml) 2
 juice 1/4
tablespoons fresh lemon juice (30 ml) 1/4
cup coconut aminos (60 ml) cup extra virgin olive (60 ml) 1
 oil
teaspoon natural salt (6 g) **Preparación :**

1. Place arame in a small bowl and cover with water. Let sit for 10 - 15 minutes then drain water. Rinse arame well.
2. Process red cabbage, red onion, carrots and apples directly into a mixing bowl.
3. Add drained arame to red cabbage mixture.
4. In a small bowl, thoroughly mix together all dressing

ingredients.

5. Pour dressing over cabbage mixture and stir to combine dressing with cabbage.
6. Taste and add any extra seasonings as necessary.

Consejos:

- Substitute red onion for minced scallions.
- Add in additional fresh minced herbs, such as cilantro or parsley.
- Serve cabbage slaw as an accompaniment to your favorite grilled sandwich, veggie burger or turkey/beef burger.
- Add toasted pumpkin seeds to cabbage slaw for an additional crunchy texture.
- Substitute coconut aminos for tamari or liquid aminos.

Información nutricional por ración

Calorías: 125
Grasa Total: 7g
Grasa 1g
Saturada:
Colesterol: 0mg
Sodio: 474mg
Carbohidratos: 16g
Fibra 4g
Dietética:
Azúcar: 9g
Proteína: 2g