Purple Cabbage Slaw

Ingredients

1 head red cabbage (or 1 bag of coleslaw mix)
2 carrots, scrubbed or peeled and grated
8 scallions, finely sliced
1/4 cup canola oil
1/4 cup rice vinegar
1/2 teaspoon salt
1/4 teaspoon black pepper

Method of Preparation

1. Cut the cabbage in half and use a sharp knife to slice thinly.
2. Place all ingredients in a bowl and toss well.
3. Cover and refrigerate for at least 1 hour and up to 2 days.

Notes:

- Add 1 cup shredded, cooked chicken (to make it a meal)
- Add ¼ to ½ tablespoon red pepper flakes to make it spicy

http://www.chopchopmag.org/content/purple-cabbage-slaw
Fish Tacos with Corn Salsa

Ingredients
12 ounces white fish fillet (such as tilapia)
Cooking spray
¼ teaspoon sea salt
¼ teaspoon black pepper
1 cup prepared salsa or pico de gallo
½ cup frozen corn, thawed
12 corn tortillas, warmed
2 cups pre-shredded slaw (cabbage, red cabbage, carrots)
1 avocado, sliced
¼ cup fresh lime juice (about 2 limes)

Method of Preparation
1. Preheat broiler. Mist fish with cooking spray, season with salt and pepper and place on foil-lined baking sheet.
2. Broil fish for about 8 minutes, until its internal temperature reaches 145°F. Cut cooked fish into strips.


By: Dawn Blatner, RDN CSSD
Chop Chae

Ingredients

- 6 dried shiitake mushrooms
- 4 ounces uncooked cellophane noodles
- 2 tablespoons dark sesame oil
- 2 teaspoons soy sauce
- 2 teaspoons sugar
- 3 teaspoons toasted sesame seeds, divided
- 2 teaspoons rice wine
- 1 clove garlic, minced
- ¼ teaspoon pepper
- ½ pound sirloin beef, thinly sliced
- 1 tablespoon canola oil, divided
- 1 cup shredded cabbage
- 1 medium-sized Spanish onion, sliced (1 cup)
- 1 medium-sized carrot, peeled and shredded
- 2 green onions, chopped
- 2 cups torn spinach
- Vegetable oil cooking spray
- 2 egg whites

Method of Preparation

1. Soak the mushrooms in cold water for 20 minutes. Drain and cut into thin strips.
2. In a large saucepan, cook the noodles in boiling water for 10 minutes. Drain and rinse in cold water. Cut into 4- to 5-inch lengths.
3. In a medium-sized bowl, mix the sesame oil, soy sauce, sugar, 2 teaspoons sesame seeds, rice wine, garlic and pepper. Add half of the mixture to the sirloin in another bowl; mix and set aside. Reserve the other half of the sauce.
4. Heat 1 teaspoon canola oil in a large skillet or wok over medium-high heat, and sauté the cabbage, Spanish onion, carrot and green onions, stirring frequently, for 10 minutes or until the onions are no longer opaque. Add the spinach and sauté for 1 minute. Add the mushrooms and noodles and remove from heat. Mix well and put in a large serving bowl. Set aside.
5. Heat the remaining 2 teaspoons of canola oil in the skillet. Add the sirloin and cook until done, stirring frequently. Add to the vegetables and noodles; mix well. Add the remaining half of the sauce; mix well.
6. Coat a small skillet with the cooking spray. Cook the egg whites, making an omelet. Remove from the pan and cut into thin strips. Add on top of the noodle mixture and garnish with the remaining sesame seeds. Serve immediately.

http://www.eatright.org/kids/recipe.aspx?id=6442466863&term=cabbage

By: Rebecca Dowling, PhD FADA
Cabbage Soup

Ingredients

2 cups (480 ml) chicken broth
2 Tablespoons (30 ml) white wine
1/2 (35 g) small onion, peeled
1/2 (31 g) medium carrot
1 (300 g) large Russet potato, baked, quartered
1/4 teaspoon caraway seed
1 teaspoon dried dill weed
1/4 teaspoon hot sauce
1/2 teaspoon salt
1/8 teaspoon ground black pepper
4 cups (350 g) chopped cabbage

Method of Preparation

1. Place broth, wine, onion, carrot, potato, caraway seed, dill weed, hot sauce, salt, and pepper into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 6-7 minutes or until heavy steam escapes from the vented lid.
5. Meanwhile, cook cabbage in a large skillet with 1/2-1 cup (120-240 ml) water until tender.
6. Drain excess water. Place cooked cabbage in serving bowls. Pour soup over cabbage.

This recipe has been written for the Vitamix 5200 with Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

https://www.vitamix.com/Find-Recipes/C/A/Cabbage-Soup?RSRCH=1