

## Asian Apple Slaw

### **Ingredients:**

4 cups of cabbage, finely shredded  
½ cup red pepper, chopped  
3 green onions, chopped  
1 granny smith apple, shredded  
½ cup celery, chopped  
½ cup cilantro (optional)  
2 tbsp toasted sesame seeds  
½ cup vegetable oil  
1 tsp sesame oil  
¼ cup lime juice  
¼ cup rice wine vinegar\*  
2 tbsp sugar or Splenda

\*You can substitute cider vinegar if you don't have rice wine vinegar.

### **Directions:**

1. Combine all fresh herbs, fruit, and vegetables in a large mixing bowl.
2. In a separate bowl, whisk together oils, lime juice, vinegar and sugar
3. Toss the slaw with the salad dressing and garnish with toasted sesame seeds.

### **Renal Diet Nutrient Analysis:**

Servings per recipe: 8

Serving size: 1/8<sup>th</sup> of the recipe (about ¾ cup)

### **Nutrient Analysis**

Calories: 186

Protein: 1 g

Carbohydrates: 10 g

Fibre: 2 g

Total Fat: 15 g

Sodium: 17 mg

Phosphorus: 25 mg

Potassium: 164 mg

Recipe from: [kidneycommunitykitchen.ca](http://kidneycommunitykitchen.ca)

