

# Asian Slaw Recipe

Yield: 4 servings or about 3 ½ to 4 cups of slaw



## Ingredients

2 cups shredded purple cabbage

1 cup or about 3 medium carrots, grated

½ white onion, thinly sliced

1 to 2 Tablespoons cilantro, chopped

¼ cup rice vinegar

1 teaspoon Sriracha hot sauce, optional (be careful—this can be hot)

2 teaspoons sesame oil

## Instructions for Adults

Assist with supervision of safe knife skills.

## Instructions for Kids

- Use safe knife skills to chop and grate the cabbage, carrots, onion, and cilantro. Place all veggies in a medium sized mixing bowl.
- Carefully measure the rice vinegar, Sriracha (if using), and sesame oil and add them to the veggies. Stir with a spoon to combine. Allow to rest about 10 minutes. Serve.

Your Sandwich Can Save the World! Food Literacy Curriculum  
© 2020 Food Literacy Center. All rights reserved.  
Do not copy or share without written permission.



Find more recipes at: [www.foodliteracycenter.org](http://www.foodliteracycenter.org)