



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

MANDARIN CABBAGE SALAD



Cabbage is under-utilized these days and shouldn't be. It's full of texture, nutrients, and flavor. Try this salad with the featured dressing for a taste of the East.



00 HR 35 MINS



Serves 4 to 6



Featuring

[J&M Farms](#)

[Fifth Crow Farm](#)

[Avila Farms](#)

[Koua Xiong Farm](#)

INGREDIENTS

- 4 cups Napa cabbage, shredded (or iceberg lettuce)
- 2 cups red cabbage, shredded
- 4 mandarin oranges, peeled, segmented
- 1/2 red onion, sliced thinly
- 1 cup carrots, grated
- 1 cup crispy won ton strips or crispy chow mein noodles (optional)
- 2 teaspoons sesame seeds (optional)
- 1-1/2 to 2 cups cooked chicken, shredded (optional)

Asian-style dressing

- 1/4 cup extra virgin olive oil
- 1/4 cup seasoned rice vinegar
- 1-1/2 tablespoons honey (or maple syrup)
- 3 tablespoons sesame oil
- 1-1/2 teaspoons soy sauce (I use reduced sodium)
- Pinch salt
- 1 to 2 cloves garlic minced (optional)

METHOD

Prepare vegetables and fruit, shred the chicken, and gently toss them together.

Mix dressing ingredients in a lidded jar and shake well. Add dressing to vegetables and toss. Serve salad chilled with sesame seed topping, if desired.