



Jicama and Red Cabbage Salad with Mint and Cilantro Tossed with Sweet-and-Sour Asian Dressing

By Rebecca Katz

If you're a coleslaw fan or jones for a crunchy salad, this recipe is for you. Red cabbage is a nutrient-rich cruciferous vegetable. Jicama is loaded with nutrients, including iron. Together they make a colorful pair. You can substitute cucumber if you can't find jicama in the market.

6 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Storage: Refrigerate up to 1 day

Type of Dish: Main Course – Meatless

Ingredients

Nuts:

- 1/2 cup sliced almonds
- 1 tablespoon maple syrup
- pinch of cayenne

Dressing:

- 1/2 teaspoon seeded and diced jalapeno
- 3 tablespoons brown rice vinegar
- 1 tablespoon fresh lime juice
- 1/4 cup tamari
- 3 tablespoons maple syrup
- 1 teaspoon toasted sesame oil
- 1 tablespoon ginger, minced
- 1 tablespoon minced fresh ginger
- pinch of salt

Salad:

- 1 pound red cabbage, chopped
- 1/2 pound jicama, peeled and thinly sliced, or 2 cucumbers, peeled, seeded, and thinly sliced
- 2 tablespoons mint, chopped
- 1/4 cup cilantro or basil, finely chopped



Photo: Lori Eanes Photography

Instructions

Preheat the oven to 350-degrees.

Toss the nuts in a bowl with the maple syrup and cayenne. Spread on a sheet pan and bake 10 to 12 minutes, until golden and fragrant. Remove from the oven and cool to room temperature. Use a metal spatula to loosen the crispy nuts.

To make the dressing, whisk together the jalapeno, vinegar, lime juice, tamari, maple syrup, sesame oil, ginger, and salt. Set aside.

To make the salad, cut the cabbage in half, remove the core, and shred with a sharp knife. In a large bowl, combine the cabbage, jicama, mint, and cilantro. Toss with the dressing. Sprinkle the nuts on top and serve.

Tips

Jicama is a large round tuber with a hard, brown skin. The exterior masks a sweet vegetable with watery and crunchy flesh that is best eaten raw.