



Sweet Potato & Cabbage Slaw

2 tablespoons canola oil
1 tablespoon lime juice
1 1/2 teaspoons toasted sesame oil
1/2 teaspoon salt
3 cups coarsely grated peeled sweet potato (about 1 large)
3 cups thinly shredded napa or savoy cabbage
4 scallions, trimmed and thinly sliced
1 teaspoon finely minced serrano or jalapeno pepper with seeds (optional)

Whisk canola oil, lime juice, sesame oil and salt in a large bowl. Add sweet potato, cabbage, scallions and serrano (or jalapeno), if using; toss to combine. Serve immediately.

Cook's Tip

To Make Ahead: Refrigerate dressing and slaw separately for up to 1 day; toss together just before serving.

Nutritional Analysis

Calories	81
Fat	6g
Saturated Fat	1g
Monounsaturated Fat	3g
Sodium	212mg
Carbohydrates	7g
Dietary Fiber	1g
Protein	1g
Potassium	104mg

Diabetic Exchanges:

Fat	1
Vegetable	1 ½