



Asian Rainbow Kale Slaw with Peanut Dressing



WellBeingMD Asian Rainbow Kale Slaw with Peanut Dressing

An untraditional take on coleslaw, this salad has thinly sliced kale tossed with crunchy bell pepper and carrot slices. The slaw is finished with a Thai-inspired peanut dressing and adds a fresh, vibrant note to this great dish. Serve alone or with a favorite protein- shrimp, fish or chicken. **Servings:** 8 **Active time:** 10 min **Total time:** 20 min

Ingredients:

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| 2 large bunches curly kale, center ribs discarded, very thinly sliced crosswise (about 10 cups) | 1 Tablespoon Soy sauce |
| 4 scallions thin sliced | 1 teaspoon sesame oil |
| 1 yellow, orange, or red bell pepper, julienned | 1 Tablespoonful of grated ginger |
| 4 radishes julienned | 1 clove of garlic minced |
| 2 carrots, shredded | 2 Tablespoons of Honey |
| 1/2 cup neutral tasting vegetable oil
(organic canola or grape seed oil) | 2 teaspoons of siracha sauce |
| 1/4 cup rice wine vinegar | 1 lime juiced |
| 1/4 cup apple cider vinegar | 1/2 cup organic peanut butter |

Preparation

1. Toss 2 large bunches curly kale, center ribs discarded, very thinly sliced crosswise (about 10 cups); 1 yellow, orange, or red bell pepper, ribs and seeds removed, halved crosswise and thinly sliced length wise, and 2 carrots shredded, in a large bowl.
2. Blend 1/2 cup vegetable oil, 1/4 cup apple cider vinegar, 1/4 cup rice wine vinegar, 1 Tablespoonful of soy sauce, 1 teaspoon of sesame oil, 2 Tablespoons of honey, 2 teaspoons of siracha sauce, 1 lime juiced, 1 Tablespoon of grated ginger, 1 clove of minced garlic and 1/2 cup of organic peanut butter.
3. Pour dressing over mixed vegetables and kale just before serving. Garnish with thinly sliced scallions.



Kale is far more nutritious than other leafy greens, but these seven reasons why it is such an important future food may just surprise you. **1. Anti-inflammatory** Inflammation is the number one cause of arthritis, heart disease and a number of autoimmune diseases, and is triggered by the consumption of animal products. Kale is an incredibly effective anti-inflammatory food, potentially preventing and even reversing these illnesses. **2. Iron** Despite the myth that vegetarians are anemic, per calorie, kale has more iron than beef. **3. Calcium** Dairy and beef both contain calcium, but the U.S. still has some of the highest rates of bone loss and osteoporosis in the world. Kale contains more calcium per calorie than milk (90 grams per serving) and is also better absorbed by the body than dairy. **4. Fiber** Like protein, fiber is a macronutrient, which means we need it every day. But many Americans don't eat nearly enough and the deficiency is linked to heart disease, digestive disorders and cancer. Protein-rich foods, like meat, contain little to no fiber. One serving of kale not only contains 5 percent of the recommended daily intake of fiber, but it also provides 2 grams of protein. **5. Omega fatty acids** Essential Omega fats play an important role in our health, unlike the saturated fats in meat. A serving of kale contains 121 mg of omega-3 fatty acids and 92.4 mg of omega-6 fatty acids. **6. Immunity** Superbugs and bacteria are a serious risk to our health. Many of these come as a result of factory farm meat, eggs and dairy products. Kale is an incredibly rich source of immune-boosting carotenoid and flavonoid antioxidants including vitamins A and C. **7. Sustainable** Kale grows to maturity in 55 to 60 days versus a cow raised for beef for an average of 18-24 months. Kale can grow in most climates and is relatively easy and low impact to grow at home or on a farm. To raise one pound of beef requires 16 pounds of grain, 11 times as much fossil fuel and more than 2,400 gallons of water.

