

Oriental Cabbage Salad

1/2 small head green cabbage
3 scallions, chopped
2 tbs dark sesame oil
2 tbs rice wine vinegar
2 tbs sesame seeds, toasted

Nutritional Facts:

Calories = 103

Fat= 9g Sat. Fat = 1g

Protein = 2g Carbs =5g

Fiber = 2g

Instructions:

Combine the cabbage, scallions, oil, and vinegar. Toss well and chill until ready to serve.

Add the sesame seeds and toss again before serving.

Makes 4 servings

Source: The South Beach Diet Cookbook