

Asian Broccoli Salad

Serves: 4

Ingredients:

1 tablespoon light soy sauce

1 tablespoon sesame oil

2 tablespoons rice vinegar

1 teaspoon sugar

2 tablespoons plain yogurt

2 carrots, peeled & sliced

2 cups broccoli florets (frozen may be used for convenience- just thaw in microwave)

2 cups shredded cabbage (Napa cabbage has a very mild taste – my favorite!)

Directions:

Steam broccoli florets until just crisp-tender. If frozen, thaw in microwave.

Combine first four ingredients in a large mixing bowl. Add the rest of the ingredients and mix well. Chill for several hours and mix again.

Serve on a platter or 4 smaller plates.

If desired, garnish with $\frac{1}{4}$ cup sliced almonds. Add grilled /cooked chicken, meat, fish or tofu to use as an entrée salad. Add other vegetables as desired such as sliced red pepper, cucumber or mushrooms.