

Asian Cabbage Salad



At this point, summer might not end. We've hit the "endless days of summer" mode, but mostly because of the heat; not the quickly arriving school schedules. The next two weeks are projected to be 109° straight on through. I know, not quite the way I wanted to envision my summer either. Northern California has so many perks, but one major downer. The heat is not only long lasting, but incredibly dry.

I'm typically in the kitchen cooking meals, snacks or prepping for the next few days as a normal part of my routine. Lately, I've been wanting to hide from the kitchen. The heat is just too much. I'd rather keep the house nice and cool! To avoid heating up the house, we've switched over to barbecuing and salads as much as we can.



Our New Favorite Salad

A new favorite of ours is this Asian Cabbage Salad. I'm a huge fan of cabbage instead of lettuce. First off, cabbage has more vitamin c than an orange. Isn't that crazy? We hear so many things generalized about fruits and vegetables, when the full truth is so different. Yes, oranges are still good for you, but please don't eat them solely because of their vitamin c. Another fun tip about cabbage is it stays crispy longer than lettuce. For me this means I can make a salad for dinner and eat it the next day for lunch without getting the soggy salad taste in my mouth. ☹️ So gross by the way.



This salad is loads of fun for kids as it's colorful and full of flavor. All three kids eat it, but I will say two of them still pick some ingredients out. I'm super cool with this because it's all forward motion to eating real food as a lifestyle. Total honesty here, I'm also that mom who throws the picked out pieces of her kid's meal back onto her plate. I hate wasting food! You don't like green onions? Sweet- more for me!

So stay cool and whip up this amazing salad for dinner or bring it along on your next hike! We are going hiking this weekend and I have a feeling this one might come with us☐



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