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LIME MISO CABBAGE SLAW

with Poblano Chili

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

Lime Miso Cabbage Slaw puts a new spin on the classic American coleslaw with its fusion of Asian miso, rice vinegar, ginger and toasted sesame oil with Southwestern poblano peppers, cilantro and lime juice. Enjoy it as a delicious side salad for picnics and barbecues, a colorful and crunchy addition to tacos, and as a main dish salad. With cabbage as its star ingredient, fresh, crisp, flavorful, creamy and healthful *Lime Miso Cabbage Slaw* becomes a salad for all seasons.

CABBAGE—ANOTHER SUPER-HEALTHY CRUCIFEROUS VEGETABLE

Both purple (for some reason called “red” cabbage) and green cabbage belong to the same food family and are closely related to nutritional power houses kale, broccoli, collards and Brussels sprouts. Actually, 2000 years ago, European wild cabbages didn’t form a head as they do today, and looked more like leafy kale and collards.

Recent studies have found that eating cabbage provides both cardiovascular and digestive tract support as well as decreased risk of type 2 diabetes. All this, along with cancer prevention benefits, antioxidants and anti-inflammatory benefits make nutrient-rich cabbage another super-healthy cruciferous vegetable.

As an aside, in the U.S., about 45% of all retail cabbage becomes some form of coleslaw (defined as a salad made from sliced cabbage).

Another big chunk of that cabbage, 12%, becomes sauerkraut. And the remaining 43% becomes everything else from cabbage rolls, to braised cabbage, to other kinds of salads, to cabbage juice, etc.



MISO—JAPANESE FOR “FERMENTED BEANS”

Consider traditional miso a culinary staple, a condiment, a spice, a seasoning and a way of life in Japan. Miso is essentially a fermented mixture of cooked soybeans, rice koji (the fermenting microorganisms *Aspergillus oryzae*), salt, water and often another grain or legume. The longer the fermentation time, the deeper the color of the miso and the more robust its flavor.

Miso is unusually rich in nutrients, partly due to the fermentation process which produces it. Fermentation breaks down the complex and sometimes hard to digest oils, proteins and carbohydrates found in soybeans into forms easier for the human body to digest. In addition, unpasteurized miso contains live

lactobacilli bacteria, which both strengthen our immune system and enhance our body’s ability to extract nutrients from food.

Recent human studies on miso intake among Japanese adults have shown that despite miso’s high-salt content, miso-containing diets tend to lower the risk of cardiovascular problems. The nutrients found in miso include vitamins B12, B2, E and K, calcium, copper, iron, potassium, choline and lecithin. Miso is also high in dietary fiber and provides a good amount of complete protein.

POBLANO/PASILLA PEPPER CONFUSION

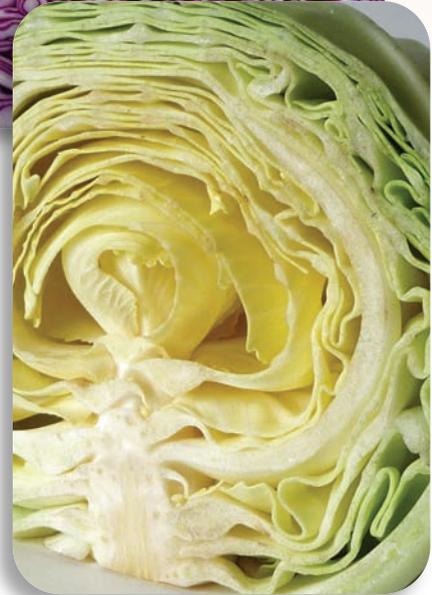
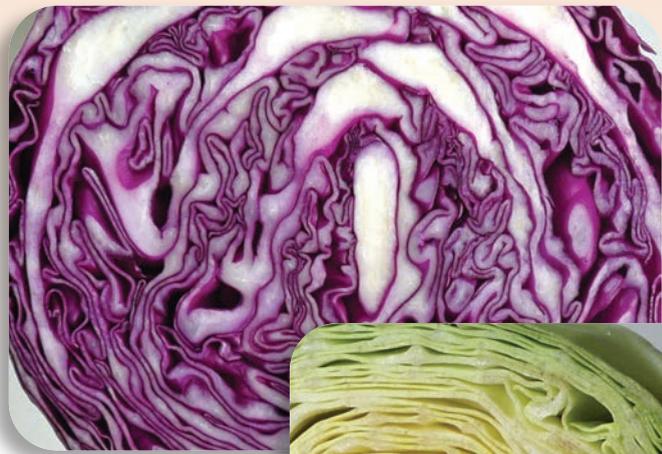
If you’ve ever eaten Chili Rellenos, you’ve enjoyed poblano peppers. Finely diced, they add a mild touch of heat to *Lime Miso Cabbage Slaw*.

Here in Southwest Montana, our local markets tend to label these beautifully deep green, large, heart-shaped and mild poblano [*poh-BLAH-noh*] peppers as “pasillas” [*pah-SEE-yahs*]. Whatever the label reads, how fortunate we are to even find these fresh poblano/pasilla peppers in our local markets. If unable to find poblanos, substitute more abundant and equally mild Anaheim peppers for them.

Enjoy *Lime Miso Cabbage Slaw* from now through winter, spring, summer and back again—truly a salad for all seasons!

Recipe on next page...

Lime Miso Cabbage Slaw with Poblano Chili



- This dish is creamy without mayonnaise, which makes it dairy-free, gluten-free and vegan.
- For the best texture, slice the cabbage about ¼-inch thick. I use the food processor's 4mm (#10) slicing blade.
- To take advantage of miso's beneficial bacteria, purchase organic, refrigerated, and unpasteurized miso.

Makes 8 cups

Total time: 45 minutes

INGREDIENTS

LIME MISO DRESSING



- ¼ cup white or brown miso
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons freshly-squeezed lime juice
- 2 tablespoons water
- 2 tablespoons lite, seasoned rice vinegar
- 1 tablespoon minced fresh ginger
- 1 large clove garlic, coarsely chopped
- ¾ teaspoon toasted sesame oil

CABBAGE SLAW

- 10 to 11 cups (scant 1 ½ pounds) lightly packed cabbage—a mixture of both purple and green cabbages
- 1 large poblano chili, halved, seeds removed, finely diced to equal 1 cup
- ¾ cup coarsely chopped cilantro
- ¾ cup thinly-sliced scallions



INSTRUCTIONS

- 1) **Prepare the Lime Miso Dressing:** Purée the dressing ingredients together in a blender until smooth and creamy.
- 2) Transfer the dressing to a large mixing bowl.
- 3) **Prepare the Cabbage Slaw:** Slice the cabbage into quarters. Remove the core. Use a knife or a food processor to thinly slice the cabbage about ¼-inch thick (4mm food processor slicing blade). Toss the cabbage with the dressing.
- 4) As you prepare the poblano chili, cilantro and scallions, toss them in with the cabbage.
- 5) Let **Lime Miso Cabbage Slaw** sit for 10 minutes. Toss it one more time just before serving. During those 10 minutes, the dressing draws out moisture from the cabbage making for a creamier, moister, more delicious salad.
- 6) Stored in the refrigerator, **Lime Miso Cabbage Slaw** remains crisp and delicious for 3–4 days. ■

JANICE'S BOZEMAN YOGA CLASSES

Yoga for Healthy Aging • Mon 9–10:15 • Wed 10:30–11:45

YogaMotion Wellness Academy • 521 E. Peach Street • Bozeman

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