Asian Slaw   
Serves 4  
Ingredients  
For the Vinaigrette: ¼ cup fresh squeezed lime juice 2 T canola oil 2 T low-sodium soy sauce 1 T sugar (or 1 – 2 packets Truvia) 1 tsp sesame oil 2 tsp minced fresh ginger Salt to taste  
For the Salad: 3 Cups shredded Napa Cabbage ½ cup torn fresh basil ½ cup torn fresh mint Preparation  
Combine lime juice, canola oil, soy sauce, sugar, sesame oil, ginger and pepper flakes for the vinaigrette, season with salt. Toss cabbage, basil and mint with vinaigrette.  
Nutritional Information Per Serving: Calories 103, Fat 8 g, Protein 2 g, Carbs 7 g, Cholesterol 0 mg, Sodium 276 mg, Fiber 1g