



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Flavor Fusions Featuring Slaw

Cabbage is full of nutrients including fiber, folate, Vitamin K, and potassium, all with very few calories. Potassium contributes to blood pressure control, which can help protect heart health. Other valuable nutrients help fight inflammation and aid digestion. Cooked cabbage can be easier to digest but some of its' nutrients are sensitive to heat. Raw cabbage is most often used as an ingredient in creamy coleslaw, but there are many ways to keep the nutrients, kick up the flavors and shed the high calories. Use bagged coleslaw in an entrée instead of just covered with dressing!

Grab a few bags of coleslaw while they're on sale and invite your tastebuds to enjoy some Asian-fusion flavors this week!

Asian Chicken Lettuce Wraps

Ingredients:

- 3 Tbsps. no sugar added unsalted creamy peanut butter
- 2 Tbsps. chili garlic sauce
- 1 Tbsp. fresh lime juice
- 1 Tbsp. less-sodium soy sauce
- 1 bag (14 ounces) classic coleslaw
- 12 large bibb lettuce leaves
- 3 cups shredded, cooked chicken
- 1 large avocado, peeled, pitted and thinly sliced



Directions:

1. In a medium bowl, whisk peanut butter, chili garlic sauce, lime juice and soy sauce; add coleslaw and toss. Makes about 4 cups.
2. Fill lettuce leaves with chicken, top with coleslaw mixture, avocado and onions. Makes 12 wraps.
3. Serve wraps with lime wedges and/or additional soy sauce, if desired.

Asian Pork Nachos with Sriracha Cream

Ingredients:

- 1 boneless pork loin end roast (1 pound)
- 2 Tbsps. honey
- 2 Tbsps. less-sodium soy sauce
- 1 Tbsp. minced fresh ginger
- 8 (6-inch) extra thin yellow corn tortillas
- Nonstick cooking spray
- 1/2 cup nonfat plain Greek yogurt
- 2-1/2 tsps. sriracha
- 1 cup reduced fat shredded cheddar cheese
- 3 cups coleslaw mix
- 1/4 cup thinly sliced scallions



Directions:

1. In a 5- to 6-quart slow cooker, add pork, 1/2 cup water, honey, soy sauce and ginger. Cover and cook on low for 8 hours or high for 4 hours. Transfer to large bowl; with 2 forks, shred into bite-sized pieces. Add liquid from slow cooker; toss to combine.
2. Preheat oven to 350°. Spray both sides of tortillas with cooking spray. Stack 4 tortillas, cut into 6 wedges; repeat with remaining tortillas. On 2 rimmed baking pans, spread tortilla wedges in a single layer. Bake for 18 minutes or until golden brown and crisp, rotate pans and flip wedges after 10 minutes; transfer to wire rack to cool.
3. In small bowl, stir yogurt and sriracha until combined.
4. Line large, rimmed baking pan with parchment paper. Spread tortilla chips on prepared pan, top with shredded pork and sprinkle with cheese. Bake for 12 minutes or until cheese melts. Sprinkle with coleslaw and scallions; drizzle with yogurt-sriracha mixture.