

Ginger-Cabbage Salad

Recent research shows that it's health-savvy to sprinkle herbs and spices in your food all year long. Inspired by a salad at Spices restaurant, Washington, D.C.

Yields: 6 servings

INGREDIENTS:

3/4 cup pickled ginger
4 cups shredded cabbage, green or red
1 cup shredded carrots
1/2 cup peanuts, crushed
1/4 cup mirin (sweetened Asian wine)
1/4 cup rice vinegar
4 scallions, sliced

DIRECTIONS:

1. Combine all.