Oriental Slaw

- 10 ounces beef top round steak, trimmed of all fat
- 1/3 cup rice wine vinegar
- 1/3 cup sugar
- 1/2 teaspoon ground ginger
- 1 tablespoon smooth peanut butter
- 8 cups green cabbage (1 small head), shredded
- 4 cups Chinese cabbage, shredded
- 1 cup grated carrot
- 2 cups red cabbage, shredded

1. Broil or grill beef until desired doneness, sliced into thin slivers.
2. Mix vinegar, sugar, ginger and peanut butter in blender or food processor until smooth.

Yields 4 servings.

Nutrition Facts
Serving Size: about 1/4 recipe
Servings per recipe: 4

Amount Per Serving
Calories 230
Calories from fat 54

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>% Daily</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>6g</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Saturated fat trace 2g</td>
<td>10%</td>
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<tr>
<td>Cholesterol</td>
<td>48mg</td>
<td>16%</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Carbohydrate</td>
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<td>8%</td>
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<td></td>
<td>Dietary Fiber 2g</td>
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<tr>
<td>Protein</td>
<td>20g</td>
<td>40%</td>
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Vitamin A: 90%  Vitamin C: 67%  Folacin: 14%
Calcium: 7%     Iron: 14%     Potassium: 16%