

Light Sesame–Soy Cabbage Salad さっぱりキャベツのごま醤油和え

Serves 2

Ingredients

- 200 g cabbage (or napa cabbage), finely shredded キャベツ または 白菜

Dressing

- 1 tsp / 6 g low-sodium soy sauce しょうゆ
- 1 tsp / 5 g rice vinegar 米酢
- 1 tsp / 5 g sugar (optional)
- 1 tsp / 5 g toasted sesame oil
- 1 tsp / 6 g toasted sesame seeds 白ごま

Optional additions

- 30 g carrot, julienned にんじん
- 1–2 green onions, sliced 青ねぎ
- pinch salt + MSG (約 0.5 g)

Instructions

1. Finely shred **cabbage**. Rinse briefly, drain, and dry well.
2. Add a small pinch **salt** (≈0.5 g) and massage **30–60 seconds**. Let sit **5 minutes**, then lightly squeeze out moisture.
3. Mix dressing ingredients.
4. Toss cabbage with dressing. Add **sesame seeds** last.
5. Let rest **5–10 minutes** before serving (recommended).

Nutrition (per serving)

Kcal: 80 | Protein: 2 g | Fat: 5 g | Sat Fat: 1 g | Carbs: 8 g | Sugars: 4 g | Fiber: 3 g | Sodium: 300 mg | Omega-3: 0.1 g



Warm Napa Cabbage with Ginger–Soy 白菜の生姜醤油炒め（軽め）

Serves 2

Ingredients

- 300 g napa cabbage (hakusai), cut into bite-size pieces 白菜
- 1 tsp / 5 g canola oil
- 1 tsp / 5 g grated ginger しょうが
- 1 tsp / 6 g low-sodium soy sauce しょうゆ
- 1 tsp / 5 g rice vinegar 米酢
- pinch salt + MSG (約 0.5 g)



Optional additions

- 1 tsp / 5 g sesame oil (finish)
- 1 tsp toasted sesame seeds 白ごま
- chili flakes or chili oil (optional)

Instructions

1. Separate thicker white stems and leafy parts.
2. Heat **canola oil** in a pan over **medium-high heat**.
3. Add **stems** first; stir-fry **2–3 minutes**.
4. Add **leaves**; cook **1–2 minutes** until just wilted.
5. Add **ginger, soy sauce, vinegar, and salt+MSG**. Toss quickly.
6. Finish with **sesame oil** or **seeds** if using. Serve warm.

Nutrition (per serving)

Kcal: 70 | Protein: 2 g | Fat: 4 g | Sat Fat: 1 g | Carbs: 7 g | Sugars: 3 g | Fiber: 3 g | Sodium: 320 mg | Omega-3: 0.1 g