

# CABBAGE SLAW

A nice change with warmer seasons and the Pacific Northwest options...plus a beautiful way to jump start your digestion!

| SERVINGS | SERVING SIZE | TIME TO MAKE                         |
|----------|--------------|--------------------------------------|
| 12       | 1 SALAD      | 10 MINUTES + 2 HOURS<br>(MARINATING) |

## INGREDIENTS

### Dressing

- 1/4 cup stone ground mustard
- 2 Tablespoon Apple Cider Vinegar
- 1 Tablespoon White Vinegar
- 1 Tablespoon Red Wine Vinegar
- 1 teaspoon Celery Salt
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1 cup crumbled Blue Cheese
- 2 Tablespoons plain Kefir
- 1 cup Parsley, chopped

### Slaw

- 1/2 head Red & Green cabbage, shredded
- 3-4 large Carrots, peeled & shredded

## DIRECTIONS

### Make Dressing

1. In a separate bowl, add ingredients and mix together using a spoon.
2. You can also add dressing ingredients to an 8 oz mason jar, secure lid and shake until everything is mixed together.

### Make Cabbage Coleslaw

1. Washed and clean vegetables. Scrub and peeling carrots if needed and removing any outer cabbage leaves. Remove tops of carrots if present, you can keep the greens for garnishing or using in juice.
2. Shred cabbage using either a sharp knife or food processor. Making sure to remove the inner core of the cabbage.
3. Shred peeled carrots either with a cheese shredder or food processor.
4. In a large bowl, add shredded cabbage and carrots. Mix with a wooden spoon.
5. Add dressing and mix well.
6. Cover and let rest in a refrigerator for a minimum of two hours to help the dressing marinate into the vegetables. This helps soften the cabbage and carrots while also bringing out the flavors for an evenly tasty bite!
7. Enjoy!

Nutritional Information per serving: 64 Calories, 2 grams Fat, 2 gram Saturated Fat, 7 mg Cholesterol, 135 mg Sodium, 8 grams Total Carbohydrates, 2 gram Fiber, 4 grams Sugar, 4 grams Protein, 161% Vitamin A, 45% Vitamin C, 4% Calcium, 306% Iron