

LOVE THY CARROT

real food made with love

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WINTER CABBAGE SLAW WITH HAZELNUTS AND POMEGRANATE SEEDS

Serves 4 as a side dish

INGREDIENTS

For the Slaw:

- 1/4 white cabbage
- 1/4 red cabbage
- 1 large beet
- 2 medium carrots
- seeds from one pomegranate
- 1/4 hazelnuts, chopped and toasted

For the Dressing:

- 1 lime, juice and zest
- 1 tbsp Dijon mustard
- 1/2 cup extra virgin olive oil
- 1 tbsp honey (or more to taste)
- 1 tsp freshly ground black pepper
- 1 tsp fine sea salt

DIRECTIONS

Direction for the Slaw:

1. Using a food processor shred the cabbage, beet and carrots.
2. Lightly toast the hazelnuts in small saute pan, set aside.
3. Remove seeds from pomegranate, set aside.
4. Toss the vegetables with the dressing. This can be done ahead of time.
5. Just before serving top with pomegranate seeds and toasted hazelnuts.

Directions for the Dressing:

1. Zest and juice lime into a small bowl.
2. Whisk in remaining ingredients.
3. Taste, you may need more oil, honey or lime juice, all depends on how much juice releases from your lime.
4. Refrigerate until ready to use.

C O O K S N O T E S

- This makes a great salad for grilled fish or baked tofu cubes.
- Try any nuts or seeds you like.
- Top with chopped fresh herbs or chopped chives.
- You can use lime in place of lemon in the dressing.