FIELD *notes*

Hawaiian Slaw

Serves 6

1 C shredded green cabbage, packed
1 C shredded red cabbage, packed
1/2 C grated carrots, packed
1 C fresh pineapple, diced
2 green onions, sliced
1 T ginger root, grated

Combine slaw mix, carrots, pineapple and scallions in a large bowl and set aside.

Add the remaining ingredients to a mason jar, shake well to combine, and pour over the slaw. Stir to combine.

Cover and refrigerate for 30 minutes prior to eating.

www.platingsandpairings.com

Coleslaw with Toasted Walnuts and Tahini Vinaigrette
Serves 2

    1 C cabbage, finely sliced
    1 medium carrot, julienned (use a julienne peeler,
      a mandoline or a sharp knife)
    3 small scallions (green parts only) sliced
    1/4 cup walnuts, roughly chopped
Vinaigrette: 3 T extra virgin olive oil
    1 T apple cider vinegar
    1 T tahini
    Pinch of salt
    Pinch of black pepper

    In a medium pan over medium heat, toast the walnuts stirring frequently, until fragrant. Set aside.
    In a large bowl toss cabbage, carrots and scallions. Add toasted walnuts and toss gently until well combined. Season and coat with vinaigrette.
    Vinaigrette: Combine all the vinaigrette ingredients and whisk until smooth. Taste and adjust seasonings if needed.

www.mygutfeeling.eu

Cilantro-Lime Cabbage Slaw

Slaw:
1/2 purple or green cabbage, sliced very thinly or shredded
2 carrots, shredded
1/4 cup finely chopped purple onion
Salt

Dressing:
1/4 cup fresh lime juice
1/4 cup olive oil
2 tablespoons honey
2-1/2 tablespoons finely chopped fresh cilantro
1 garlic clove, peeled and minced
1 teaspoon chopped jalapeño pepper (optional)

Toss all ingredients in a bowl and season to taste with salt and pepper Let sit for 30 minutes to allow flavors to develop.

www.drannwellness.com

Vegetable Slaw Salad

3 cups cabbage, finely shredded
 2 cups zucchini, shredded
1 carrot, finely shredded
1 cup fresh corn kernels
2 tablespoons leeks, thinly sliced
¼ cup toasted almonds, thinly sliced

Dressing
1/2 cup extra virgin olive oil
1/4 cup raspberry vinegar
1 tablespoon Dijon Mustard
1 tablespoon honey
sea salt & cracked pepper

Put all the salad ingredients in a bowl and toss.

In a small bowl put all the dressing ingredients and whisk together, then pour of salad.

Season with sea salt and pepper to taste.

Source: CheFarmer Matthew Raiford

Easy Cabbage Salad   *Serves 4*

1/2 green cabbage, chopped finely
1 tablespoon white wine vinegar
1 tablespoon olive oil or sunflower oil
1 green capsicum* diced
1/2 red onion, finely diced
1/2 teaspoon salt and pepper
1 tablespoon honey

Pull away the outside leaves of the green cabbage (red can also be used). Chop finely. Salt it lightly, add 1 tablespoon of white wine vinegar and toss this through for 5 minutes. This draws out the juices from the cabbage. Add olive oil and mix. Add the diced green capsicum, onion, pepper and honey and toss lightly.

Green capsicum is another name for bell pepper; mild or hot peppers may be used, depending upon your taste.

www..essential-organic-living.com

FIELD *notes*

Napa Cabbage Slaw w-Cilantro Vinaigrette

Serves 4

1/4 cup fresh lime juice
2 teaspoons sugar
1 teaspoon peeled and grated ginger root
2 tablespoons extra virgin oil
1 small head Napa cabbage (1-1/2 pounds), cored and
   cut into thin 1/2-inch slices
1 bunch scallions, sliced
1/2 cup coarsely chopped cilantro

Whisk together lime juice, sugar, ginger, oil, and 1/2 teaspoon salt. Add remaining ingredients and toss well. Place in refrigerator for 10 minutes and then re-toss.

Serve with grilled swordfish or grilled flank steak.

Recipe source: CheFarmer Matthew Raiford