

## **Kale and Cabbage Slaw**

Pat Skjervheim, MG

**Toast** the following in a frying pan on low heat and cool before adding to salad: (amounts are approximate and are according to your taste). Stir and don't walk away, as the nuts could quickly go from toasted to burnt. Cool.

2 Tbs. cup sunflower seeds

½ cup pine nuts

1/8 cup sesame seeds

Hint: make a batch of the nuts, and bag and freeze them in recipe-sized amounts.

**Chop and assemble** in a bowl:

1/2 head of *cabbage*, chopped small (Can also do a combination of red cabbage, napa cabbage and head cabbage.)

*Kale* (any variety, or a mixture) in amount equal to cabbage, chopped fine

Red or sweet *onion*, small, chopped, or green onion, about ½ cup, which is 1 small or ½ of a large onion

4 small tomatoes, chopped

1 large carrot, grated

Cilantro (optional) to taste

**Dressing:**

1 Tbs. olive oil

2-3 T lime juice (2-3 limes), freshly squeezed. It's ok to use bottled lime juice to save time.

1/4tsp. salt

Ground pepper

2 tsp. soy sauce

1/2 tsp sugar/Splenda

Grated lemon/lime rind (optional)

Lemon juice to taste (optional)

1Tbs. sesame oil (optional)

Taste and make adjustments to your liking. You may need to double the dressing as the cabbage and kale may increase the volume of your salad. I add the sesame oil to give an Asian flavor.

I use the food processor to chop the cabbage and kale; just make sure to process in small batches, and don't make it too fine.