

SOUTHWESTERN-INSPIRED COLE SLAW

(no added sugar)

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KITCHEN



Photo: Love+Craft Kitchen

Southwestern flavors and additional veggies put a new spin on an old summer classic! The yin and yang of the citrus and balsamic combined with earthy cumin gives a balanced yet tantalizing burst of flavor. Pair this slaw with grilled or roasted meat, fish or seafood as a side dish or add it to tacos, wraps and sandwiches.

As an added bonus, the dressing is prepared with good quality fats and has no added sugar, unlike most pre-made dressing and deli slaw available.

Makes approximately 6 cups slaw

INGREDIENTS

Salad

6 cups cabbage, shredded (about ½ of a regular, Napa or Savoy cabbage)

1 cup shredded carrots (about 1 large or 2 small)

½ cup shredded zucchini

1/3 cup thinly sliced fennel bulb

¼ cup thinly sliced sweet or red onion

Dressing

¼ cup mayonnaise (regular or vegan; with no added sugar)

¼ cup Greek, regular or plant-based yogurt

¼ cup avocado or olive oil

2 tablespoons fresh squeezed orange juice (suggest navel or blood orange)

2 tablespoon white or apple balsamic vinegar

1 tablespoon Dijon mustard (no added sugar)

1 teaspoon dried cilantro (or 1 tablespoon fresh, chopped)

½ teaspoon ground cumin

½ teaspoon Kosher salt

¼ teaspoon ground black pepper

pinch of cayenne pepper, optional

optional garnish

- ½ cup toasted, chopped pecans, almonds, toasted pumpkin or sunflower seeds
- ¼ cup chopped fresh parsley or cilantro

DIRECTIONS

1. Add the cabbage, carrot, zucchini, fennel, and onion to a large mixing bowl. Toss gently to combine well.

2. In a medium-sized mixing bowl, add the mayo, yogurt, oil, orange juice, balsamic, mustard, cilantro, cumin, salt, pepper and cayenne, if using. Whisk together until very smooth and creamy.
3. Pour the creamy dressing over the cabbage mixture. Toss well to coat. Refrigerate for at least 2 hours, or overnight, to chill and allow flavors to develop.

NOTE: Slaw may look a bit dry when mixing but will soften, condense and become more coated after refrigeration.

4. When ready to serve, stir, transfer to a serving bowl or platter and garnish as desired.