



Healing Cabbage Salad

Ingredients:

- 1 small head of White/green cabbage, shredded
- 1 small head of Purple cabbage, shredded
- 2 large organic Carrots, shredded
- 1 small red onion, chopped small
- 1 inch of fresh Ginger Root, shredded and chopped
- 1-2 cloves garlic, minced
- $\frac{1}{2}$ cup fresh Italian Flat Parsley, chopped
- $\frac{1}{2}$ cup fresh Dill, chopped
- 2 Tablespoons of Stone Ground Mustard or Dijon
- Dash of Tamari (wheat-free Soy sauce)
- $\frac{1}{4}$ cup Apple Cider Vinegar
- $\frac{1}{2}$ cup Nasoya "Nayonaise" or other Mayo substitute

Procedure: Mix wet ingredients with Ginger and garlic to form a sauce. Finely slice or shred the cabbages and add carrot and dill & parsley and toss well. Add wet dressings and mix well, adjust dressing to taste.

Serves 6-8

Enjoy

Cooks Notes: Grape Seed Extract Dairy Free Mayo substitute by "Follow Your Heart" is my favorite one, you can water it down with some fresh Lemon juice

Recipe by Chef Kathryn Bari-Petritis, 1998