

Enjoy these recipes using Cruciferous Vegetables:

Raw Cabbage Salad

Ingredients:

- 2 Tbsp. almonds
- 2 Tbsp. Sesame Seeds
- 2 ½ cups shredded white cabbage
- scallion or chives
- ½ red pepper, chopped
- 4 Tbsp. olive or sesame oil
- 1 Tbsp. rice vinegar, or ½ Tbsp. cider vinegar
- 1 tsp. honey
- 1/8 tsp. pepper, 1/4 teas. Sea salt

Procedure:

- Toast nuts and chop them: toast seeds, allow to cool
- Shred cabbage, chop the scallion and dice the pepper, Toss the vegetables together.
- Mix oil and vinegar, honey and pepper and salt. Just before serving combine vegetables, add dressing, nuts and seeds.

Recipe by Laurel Roberston from "The New Laurel's Kitchen"