

Cole Slaw



This recipe from Coach Chris is delicious and nutritious!

Ingredients:

½ head green cabbage, finely shredded
½ head purple cabbage, finely shredded
2-3 carrots (depending on size), shredded
(you just want a nice-looking ratio)
1 jalapeno or serrano pepper (depends on how spicy you like it) – cut thinly on the bias
Cilantro, coarsely chopped, to taste
Scallions, sliced, optional, to taste

The Dressing:

Shake to mix all in a jar with a lid (or whisk all in a bowl):
2 cloves minced garlic
1-2T soy sauce
3 limes – zest from 1 and juice from 2
1-2T white vinegar
1/2T honey/agave syrup/white sugar – just a little to balance the salt and acid
Salt and pepper to taste
½T sesame seed oil if you wanna swing it in an Asian direction (optional).

Directions:

1. Toss it all together and taste; you may need to add a bit more lime or whatever. Be careful with the salt here since it's early. You want it dressed, but not swimming.
2. Let it sit at least an hour, toss it again and taste. The cabbage will have released some liquid so it'll be a little wetter. You can dial in the salt and other flavors now. It gets better as it sits.
3. Enjoy!