

cabbage-almond slaw



1 medium cabbage (napa, savoy, green), sliced into small, thin pieces, core discarded

6 green onions, cleaned and sliced

1/2 c almond slivers, lightly toasted until fragrant, optional* (see note)

1/4 c sesame seeds, lightly toasted until fragrant, optional* (see note)

Dressing Ingredients

1/3 c flax seed oil* (see note)

1/3 c apple cider vinegar

1/2 tsp unrefined sea salt

3 TBS honey or agave nectar

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Toss salad ingredients together in a large bowl. Whisk dressing ingredients together in a small bowl or combine in a blender. Toss dressing with salad gradually as you may not need all of the dressing (depending on the size of your cabbage).

- * Toast the almonds by placing in a dry skillet and heating over low heat while stirring almost constantly until they begin to smell nutty. Immediately remove from the pan onto a plate to cool. Do the same with the sesame seeds, taking care not to burn them. The heat should be low!
- * Do not heat this dressing - flax seed oil should never be heated or the beneficial Omega-3 EFA (essential fatty acid) will be destroyed. Omega 3 is a heart-healthy fat.

Serves 6