

Recipe – Fennel Slaw

Ingredients:

- 1 large or two smaller bulb fennel
- 2 red peppers
- 4 carrots
- 1 cucumber
- 3" piece daikon radish
- 1 small red onion
- 1 bunch parsley, chopped
- 1 cup mung bean or other sprouts
- ¼ sesame seeds
- ¼ cup sunflower seeds
- ¼ cup slivered almonds
- Optional:
 - 1 bunch Swiss chard or kale, rolled and sliced thinly into ribbons
 - OR 1 bunch or bag spinach, thinly sliced

Dressing:

- Juice of 1 lemon
- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 1 TBS garlic, minced
- ½ tsp sea salt and pepper or to taste

Directions:

Julienne all vegetables using a food processor OR slice very thin with a sharp knife and chop

Whisk together all ingredients in dressing and add to the slaw

Toss well, chill and serve

Serves 8 to 10