

Recipe – Complete Meal Veggie Slaw

Serves 8 to 10 people

Directions for the Veggie Slaw:

Finely shred using a large knife, food processor or grater:

- 1 head green cabbage
- ½ red cabbage
- 2 bunches kale leaves, remove thick rib
- 2 carrots

Add:

- 1 package baked and marinated tofu, diced
- 1 cup tamari almonds, coarsely chopped
- 1 cup brown rice cooked with ½ can (7 oz.) coconut milk

Directions for the Dressing:

In a bowl, whisk together the following ingredients:

- 2 TBS sesame oil
- ½ cup olive oil
- juice of 1 lemon
- ¼ cup white balsamic vinegar
- salt and pepper to taste

Toss Veggie Slaw with the Dressing in a large bowl

Note: The Veggie Slaw will keep for a few days in the refrigerator.