

LIGHT SUMMER COLE SLAW

3 cups shredded green and/or red cabbage

1 cup shredded carrots

2 celery stalks, thinly sliced

2 Tb chopped parsley

½ cup pecans or walnuts, or nuts of your choice

¼ cup sesame oil, preferably untoasted

2 Tb cider vinegar

½ tsp garlic powder

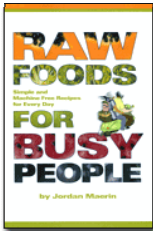
½ cup sun-dried tomatoes, soaked 15 minutes, chopped (optional)

1 tsp. fennel or poppy seeds (optional)

Salt and black pepper to taste

Slice the cabbage and carrots by hand, or use a mandoline. If you want to finely shred the cabbage and carrots, use the shredding blade on a food processor.

Toss all ingredients and allow to marinate at least one hour, stirring often.



From the book,
Raw Foods for Busy People,
by Jordan Maerin