

## Cole Slaw

This salad goes well with almost any natural foods entrée. Toasted sunflower seeds add concentrated nutrition and extra flavor.

Cut the cabbage half in half again lengthwise. Remove tough core and reserve for another use. Slice cabbage crosswise, as thinly as possible. Rinse cabbage and drain well (shake to remove excess water), then place in a large bowl. Add salt, toss well, and knead (squeeze handfuls to help soften fibers). Set aside at least 20 minutes, then squeeze out excess water. Add carrot to cabbage and toss until evenly mixed. Make dressing by combining mayonnaise, umeboshi vinegar, brown rice vinegar or lemon juice, and rice syrup. Add dressing to vegetables and toss well.

Toast sunflower seeds in a dry skillet over medium heat, stirring constantly until golden and fragrant. Transfer to a small bowl. If time permits, chill cole slaw slightly in the refrigerator. Top with a sprinkling of seeds. Serve remaining seeds on the side to be added to individual servings, as desired.

### Preparation List:

#### **Serves 4**

- ½ small head cabbage
- ½ teaspoon sea salt
- 1 large carrot, finely grated (peel if not organic)
- 1/3 cup vegan or natural mayonnaise
- 2 teaspoons umeboshi vinegar
- 1½ teaspoons brown rice vinegar or lemon juice
- 1 teaspoon rice syrup
- ¼ cup sunflower seeds