

Cole Crop Slaw with Sesame-Ginger Dressing

Prepared for the Edible Academy Opening Weekend Celebration by the Edible Academy

Ingredients (serves 2 - 4):

For the slaw:

3 cups mixed cole crops, including: shredded kale, red cabbage, collards; finely grated cauliflower; broccoli, florets chopped to bite-sized pieces; kohlrabi, finely julienned.

¼ cup cilantro leaves

1 carrot, peeled and julienned

Coarse salt and pepper, to taste

1 Tablespoon olive oil

1 teaspoon apple-cider vinegar

For the dressing:

1 garlic clove, minced or pureed

1 teaspoon finely minced ginger

3 Tablespoons rice vinegar

1 teaspoon soy sauce

1 teaspoon brown sugar or agave nectar

5 Tablespoons canola or light sesame oil

2 Tablespoons sesame oil

1 Tablespoon toasted sesame seeds

Instructions:

Prepare slaw ingredients as listed and combine in a large bowl. Toss with salt, pepper, olive oil, and apple-cider vinegar. Set aside for 30 minutes or up to overnight, refrigerated, to allow the cole crops to marinate. For the dressing: place all of the ingredients in a blender and blend until homogenized. To serve, add the dressing and toss the slaw, garnishing each serving with any remaining sesame seeds.