

# NYBG

EDIBLE ACADEMY  
FRESH FROM THE GARDEN TASTINGS



## COLE CROP SLAW WITH SESAME-GINGER DRESSING

Edible Academy

Yield: 2–4 servings

### Ingredients

#### 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
- Sea Salt\* and Ground Black Pepper,\* to taste
- 1 tablespoon Extra Virgin Olive Oil\*
- 1 teaspoon Organic Raw Apple Cider Vinegar\*

#### For the Dressing

- 1 garlic clove, minced or pureed
- 1 teaspoon finely minced ginger
- 3 tablespoons rice vinegar
- 1 teaspoon Organic Shoyu Soy Sauce\*
- 1 teaspoon Organic Light Brown Sugar\* or Organic Raw Agave Nectar\*
- 5 tablespoons Canola Oil\* or Organic Sesame Seed Oil\*
- 2 tablespoons Organic Sesame Seed Oil\*
- 1 tablespoon Organic Sesame Seed, toasted\*

\*365 Everyday Value® products are found exclusively at Whole Foods Market®.

### 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.

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