

Brussel Sprout and Cabbage Slaw Recipe

This slaw bursts with colour and crunch. It's also packed with disease fighting plant compounds.

Ingredients:

30 medium-sized Brussel sprouts, washed and sliced
2 cups/500ml thinly sliced green cabbage
1 cup/250ml thinly sliced red cabbage
1 green onion, thinly sliced
¼ cup/60ml dried cranberries
2 tbsp/30ml raisins or sultanas
1/3 cup/75ml lightly roasted pumpkin seeds
¾ cup/175 freshly grated, fine quality aged parmesan cheese

Dressing:

¼ cup/60ml white balsamic vinegar
¼ cup/60ml extra-virgin olive oil
½ clove fresh, minced garlic
1/2 tsp/2ml sugar
1/8 tsp or less freshly ground coarse sea salt
1/8 tsp or less freshly ground black pepper

Method:

1. In medium sized bowl, combine sliced sprouts, cabbage and green onion.
2. Gently toss and mix in cranberries, raisins, pumpkin seeds and parmesan cheese.
3. Add dressing and toss to coat evenly.
4. If not serving all at once, only dress amount needed. Store undressed salad and dressing in fridge for up to 2 days.