

Tri Color Slaw

Bright, crisp, and bursting with flavor, this nutrient-dense tri-color slaw is more than just a side dish—it's a powerhouse of nourishment. Packed with vibrant cabbage, a cruciferous vegetable, it delivers a hefty dose of fiber, antioxidants, and potent anti-inflammatory compounds. Celebrated for their cancer-fighting properties, these veggies team up with a zesty dressing to create a dish that's as delicious as it is functional. Whether you're looking to support gut health, boost immunity, or simply add a refreshing crunch to your plate, this slaw has you covered.

INGREDIENTS

1/4 head green cabbage, trimmed and shredded
1/4 head purple cabbage, trimmed and shredded
2 large carrots, shredded
1/2 cup flat leaf parsley, loosely packed, rough chop
DRESSING
1/4 cup extra virgin olive oil
1/4 cup brown rice vinegar
2 limes, juiced (about 1/8 cup)
1 tablespoon Dijon mustard
fresh ground pepper, to taste

STEP 1

Remove outer leaves of cabbage, quarter and thinly slice (shred).

STEP 2

Shred carrots and chop parsley. Add to bowl and toss.

STEP 3

In mason jar or small bowl, combine dressing ingredients and mix well.

STEP 4

Toss dressing with vegetables. Add fresh ground pepper to taste.

SERVES

4-6

TIME

🕒 20m

SHOPPING LIST

1 head green cabbage
1 head purple cabbage
2 large carrots
1 bunch flat leaf parsley
1 bottle xtra virgin olive oil
1 bottle rice vinegar
2 limes
1 jar Dijon mustard
fresh ground pepper

EQUIPMENT

Large bowl
Box shredder
Mason jar or small bowl

STORAGE

Store in the fridge for 3-4 days