

Rainbow Coleslaw

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Ingredients (6 servings)	Quantity	Measure
Red cabbage, julienned	1/4	large head
Green cabbage, julienned	1/4	large head
Large carrot, grated	1	
Yellow pepper, julienned	1/4	
Orange pepper, julienned	1/4	
Red pepper, julienned	1/4	
Dressing		
Extra virgin olive oil	1/4	cup
Lime zest	1	teaspoon
Lime juice, approximately 1 lime	1	tablespoon
Garlic, minced	1	clove
Maple syrup	4 1/2	teaspoons
Salt	1/4	teaspoon
Garnish		
Green onion, thinly sliced	1	sprig
Cilantro, leaves removed and stems minced (optional)	1/8	bunch

Preparation

1. In a large bowl, toss together all salad ingredients.
2. In a small bowl whisk together dressing ingredients.
3. Add dressing to salad and toss.
4. When ready to serve, garnish with green onions and cilantro (if using).

