

Marinated Kale Slaw



Prep:

5 minutes

Total:

30 minutes

Makes:

10 full servings

Utensil:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

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Recipe:

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Full of colour, texture and flavour – this is a highly nutritious salad, especially when it is topped with mung bean sprouts! PS... the longer it marinates the better it tastes!

Slaw

- 1 head red cabbage, shredded
- 2 carrots, shredded
- 1 beet, shredded
- 1 fennel, shredded
- 1 bunch of kale, chopped
- 2 tablespoons

hemp seeds

(15

g)

Vinaigrette

$\frac{1}{2}$

cup olive oil or hemp (120 mL) $\frac{1}{4}$
oil 1

cup apple cider (60 mL) lemon, juiced 2 - 4
vinegar

tablespoons raw unpasteurized **Directions:** g)
honey 84

1. Using Cone #2

- on the Saladmaster Machine, julienne the cabbage, carrots, beets and fennel directly into a large mixing bowl.
2. In a small mixing bowl, mix together the vinaigrette. Pour vinaigrette over vegetables and toss together until the cabbage and kale are well coated.
 3. Allow salad to marinate in fridge for a few minutes, or up to an hour, mixing in the hemp seeds just before serving.

Nutritional Information per

▼ Serving

Slaw (based on 10 servings)

Calories: 77

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 72mg

Total 15g

Carbs:

Dietary Fiber: 4g

Sugar: 6g

Protein: 4g

Vinaigrette (based on 10 servings)

Calories: 124

Fat: 11g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 1mg

Carbohydrate: 8g

Fiber: 0g

Sugar: 7g

Protein: 0g

Analysis calculated using olive oil and 4 tablespoons of honey
