

# Any-Veggie Slaw

Betty Soup

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## **Yield: 5 cups**

### **FOR THE SLAW**

3 cups shredded cabbage  
(green, red, or Napa)  
2 cups mixed shredded  
veggies (carrots, radishes,  
broccoli stems, parsnips,  
celeriac, bell peppers, snow  
peas)  
1/4 cup thinly sliced green  
onions

### **FOR THE VINAIGRETTE**

1/4 cup white wine vinegar  
2 tablespoons extra-virgin  
olive oil, avocado oil or  
canola oil  
2 tablespoons chopped  
fresh Italian parsley or basil  
1 tablespoon honey  
1 teaspoon chopped fresh  
tarragon, dill, oregano or  
rosemary  
1/2 teaspoon Dijon  
mustard

1/2 teaspoon Kosher salt  
1/4 teaspoon black pepper

### **RED CABBAGE AND BROCCOLI SLAW**

3 cups shredded red  
cabbage  
1 cup shredded broccoli  
stems

### **GREEN CABBAGE AND RADISH SLAW**

3 cups shredded green  
cabbage  
1 cup shredded carrot  
1/2 cup shredded radishes  
1/2 cup shredded parsnips

### **NAPA AND SNOW PEA SLAW**

3 cups shredded Napa  
cabbage  
1 cup 1/4-inch slices of  
yellow bell pepper  
1 cup thin bias-cut snow  
pea slices

Make the slaw: In a bowl, combine the cabbage, shredded veggies and green onion.

Make the vinaigrette: In a small covered jar, shake together the vinaigrette ingredients. Store the veggie mixture and vinaigrette separately in the refrigerator for up to three days. Toss together and chill up to twenty-four hours before serving as a slaw to let the flavors combine.

### **SMART USES:**

\*\* Mix into pasta or pasta salad. Add one to two cups of undressed slaw to boiling pasta during the last two minutes of cooking. Drain in a colander. Rinse with cold water to chill if serving cold; drain well. Add vinaigrette and toss to combine.

\*\* Stir into scrambled eggs or quiche: Cook one cup of undressed slaw in a large skillet in one tablespoon of hot vegetable oil until tender, about 8 minutes, then add to the scrambled eggs or quiche.

\*\* Tuck into tacos: Use three tablespoons of slaw (dressed or not) per taco.

*Use your Food Processor  
To Shred Firm Veggies  
Fast.*

*For cabbage or fennel  
wedges, use the slicing  
disk. Use the shredding  
disk for vegetables such as  
carrots, radishes, parsnips,  
celeriac and peeled broccoli  
stems. Simply cut the  
vegetables into wedges or  
lengths that fit the chute of  
your food processor, then fill  
the chute, and press down  
with the plunger as you  
process.*

Per Serving (excluding unknc  
items): 191 Calories; 1g Fat (calories from fat); 5g Protein; Carbohydrate; 9g Dietary Fib  
0mg Cholesterol; 1011mg Sc  
Exchanges: 0 Grain(Starch);  
Vegetable; 0 Fat; 1 1/2 Other  
Carbohydrates.