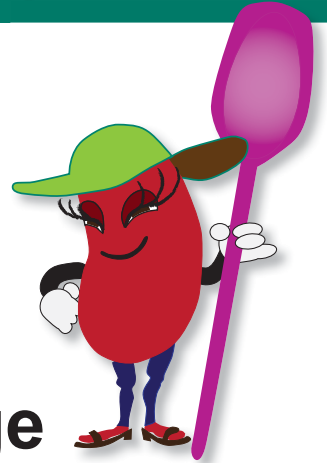


Beans, Rice And Everything Nice



Beet and Napa Cabbage Slaw



original recipe by
beansriceeverythingnice.weebly.com

Dressing

- 1/2 cup soft or silken tofu (I used soft)
- 1/3 cup lime juice (or juice of 1 lime)
- 1 Tablespoon Dijon mustard
- 1 Tablespoon maple syrup or sweetener of choice
- 2 teaspoons dried onion flakes
- 2 teaspoons caraway seed
- 1/4 to 1/2 cup of water, depending on thickness desired

Salad

- 4 cups shredded Napa cabbage
- 2 cups shredded beets
- 1 cup shredded carrots
- 1 cup minced parsley

1. To prepare the dressing, place all ingredients in a blender jar and blend until creamy and the caraway seeds are well distributed.
2. To prepare the salad, shred the vegetables by hand or in a food processor and add to a large bowl. Mince the parsley and add to the bowl.
3. Pour the dressing over the vegetables and mix well, coating all the veggies with the dressing.

Tip:

I shredded the carrots and beets in my food processor and the Napa cabbage by hand, as my food processor is too small for that much cabbage. The beets can be peeled and shredded raw, but I find them much easier to peel and shred if I blanch them first.

To blanch, boil the beets for 8-10 minutes, just until the outer 1/8 inch can be easily pierced with a knife. Allow to cool in the water for 5 minutes, drain and run them under cold water. The peels should rub off with your hand. If they don't, peel with a peeler and then shred.