

FENNEL & ALMOND SLAW

INGREDIENTS

½ head medium Cabbage,
about 10 ounces

1 large Fennel bulb, about
8 ounces

2 medium Carrots, peeled
and trimmed

½ Cup sliced Green
Onions, about 4 medium
each

¼ Cup Honey Cider
Vinegar

2 Tablespoons Almond
Oil

1 teaspoon Salt

1 teaspoon dry Mustard
Powder

1/3 Cup sliced Almonds,
toasted

DIRECTIONS

Remove core from cabbage and slice into thin strips and then in half so that each piece is not more than about 2 inches.

Trim fennel of dry outer leaves and slice in half. Make a V cut into the core as you would for cabbage and remove all the core.

Lay fennel cut side down and slice into thin strips. Slice carrots into thin strips, stack these and slice again thinly so that you have matchstick size pieces.

In a large salad bowl whisk together vinegar, oil, mustard and salt, then toss in vegetables coating well with the dressing.