

Rainbow Winter Slaw

I wanted to share our latest recipe that was made by the 4th graders on Friday. Some kids groaned when they realized we were making salad, but by the end of their busy chopping and measuring, almost all of the kids loved the sweet and tangy flavors of pomegranate, purple cabbage, apple, carrot, and dried cranberry with a little zing from crunchy radish.

Rainbow Winter Slaw (feeds 6)

- 3 carrots, coarsely chopped
- 1 bunch of radishes, sliced
- 2 tart apples, sliced
- 1/4 head of purple cabbage, coarsely chopped
- 1/4 head of green cabbage, coarsely chopped

Sprinkle with 1/2 teaspoon of salt, toss and let sit while you make the dressing.

Dressing

Students were given something sweet (agave syrup), salty (sea salt), fatty (olive oil), and sour (apple cider vinegar), with the basic ratio of 3:1 (fat:sour). Students mixed and tasted the dressing until it was just right. The amounts will need to be experimented with to have just enough to dress the slaw.

Toss the slaw with dressing add:

- 1/4 cup dried cranberries
- seeds from one pomegranate. Enjoy!