

GUASTELLO'S VILLAGE MARKET

Vibrant Winter Slaw with Citrus Vinaigrette

Serves 10

Ingredients

1 loosely packed cup of shredded red beets
1 loosely packed cup of shredded golden beets
1 loosely packed cup of shredded Chioggia pink beets
1 loosely packed cup of shredded fennel
1/2 loosely packed cup of shredded kohlrabi
1 loosely packed cup of shredded carrots
1 loosely packed cup of shredded kale
1 loosely packed cup of shredded red cabbage
1 loosely packed cup of shredded green cabbage, Savoy or Napa
1/4 tsp mustard seed
1/4 tsp fennel seed
1/4 tsp caraway seed
1/4 tsp celery seed

dressing

1/4 cup fresh squeezed orange or tangerine juice
1 Tbsp olive oil
2 Tbsp Orange Blossom Vinegar, or other mild white vinegar like Champagne
1 tsp creamy Dijon mustard
pinch of salt
pinch red pepper flakes, optional

Instructions:

Make the dressing first. I like to put all the ingredients in a mason jar, screw the lid on tight, and shake, shake, SHAKE! The shaking will emulsify the dressing, making it creamy. Once emulsified, it shouldn't separate into oil and vinegar. Taste to adjust any of the ingredients to your liking.

Toss the shredded veggies and seeds together in a large bowl and add enough dressing to moisten. You can refrigerate the slaw several hours before serving if you'd like. Season with salt and pepper and add more dressing to taste just before serving.

Cook's Notes:

You don't have to use such a wide variety of veggies like I did, sometimes less is more, and I love the combo of beet and fennel, for instance.

A classic creamy slaw dressing would work too: whisk together 1/2 cup mayo, 2 Tbsp sour cream, a little grated onion, 1 Tbsp white vinegar, sugar to taste (start with 1 tsp) 1 tsp dry mustard, 1 tsp celery seed,

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salt and pepper to taste. Thin down with a little milk if necessary. Taste and adjust anything that needs it.

I gave ingredient amounts here but please don't let them box you in... you can add the various veggies in any amounts or combinations you like, this is just a suggestion.

Credit: foodiecrush.com