

## Red Cabbage + Kale Slaw

- 1 small bunch **tuscan kale** (aka, lacinato or dinosaur), thick stem removed and shredded
- ½ head small **red cabbage**, shredded
- 1 – 2 **carrots**, grated or julienned (or use quartered baby carrots)
- ⅓ **red onion**, thinly sliced
- ½ cup **parsley** leaves, roughly chopped
- 2 tablespoons **hemp hearts**
- 2 tablespoons **sunflower seeds**
- 2 tablespoons **pepitas** (pumpkin seeds)

### Dressing

- 1 tablespoon **olive oil**
- 1 tablespoon **dijon mustard**
- 1 tablespoon **apple cider vinegar**
- 2 tablespoons **water**
- **mineral salt & fresh cracked pepper** to taste

1. In a small bowl, mix your dressing and set aside.
2. Prepare vegetables and place in large bowl, add dressing and toss to coat. Add in seeds and toss again (or sprinkle over each portion before serving). Let salad rest a few minutes before eating, this will help soften the kale a bit.
3. Serves 2 or one generously

## NOTES:

For a creamier dressing, replace the oil with tahini.

If you have fresh lemons on hand, this would be great with a big squeeze of lemon over top.

If serving for one, use 1 – 1 ½ tablespoons each of the seeds.