

UC-VEG

Umpqua Community Veg Education Group

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Cabbage and Carrot Coleslaw with Avocado Dressing

Ingredients:

Coleslaw:

- ½ cup red onions slices
- 4-6 cup shredded green cabbage
- 2 cups carrots, thinly sliced
- ¼ cup cilantro leaves, chopped
- ½ cup sliced almonds
- ¼ cup dried berries such as goji berries, blueberries, cranberries or raisins
- 2 tbsp vinegar

Avocado dressing:

- 1 avocado, cut into med chunks
- ⅓ cup lemon juice
- ¼ cup pear juice
- ¼ tsp garlic powder
- ¼ ground cumin
- ¼ tsp sea salt

Mix the red onion slices with vinegar to reduce intensity of onion.

Combine the red onion slices with shredded green cabbage, carrots, and cilantro leaves.

To make the avocado dressing,blend the avocado, lemon juice, pear juice, garlic powder, cumin and sea salt in a blender till smooth.

Pour avocado dressing over veggies mix. Top with diced almonds, dried berry(ies) of choice. add a pinch of salt and/or other seasoning, if desired.