

URBAN MINISTRY INC.

Vegan Cole Slaw

SERVES 8 PEOPLE

YUM! The first 100 registered participants will receive a free produce bag.

INGREDIENTS

- 1/2 head of green cabbage (cored and finely sliced)
- 1/2 head of purple cabbage (cored and finely sliced)
- ½ cup vegenaise (mayonnaise substitute)
- 1/2 tsp sea salt or herbed sea salt
- 1 tsp honey

Directions

- 1 Cut heads of cabbage in half, wash and dry with paper towels.
- 2 Chiffonade (shred or finely cut) cabbage
- 3 Combine all ingredients in a large bowl.
- 4 Toss gently with a rubber or wooden spatula.
- 5 Serve as a side salad.