



# In the Kitchen

with Barb Agee ~ September 2014

## CoolSlaw

Celebrate the last of summer's lazy days with coleslaws using the still many fresh vegetables in gardens and markets. The slaw salad has many variations to it including using other vegetables instead of or in addition to cabbage. The dressings for these slaws can be simple, complex, sweet or spicy. Slaws are an excellent way to add a variety of nutrients to the diet.

### Jicama Slaw with Jalapeno Dressing

1 medium sized jicama (about 4 cups), peeled  
½ medium sized red sweet pepper  
½ medium sized yellow or orange sweet pepper  
1 small red onion (1½ cups), halved  
½ cup snipped fresh cilantro

#### Jalapeno Dressing

¼ cup light olive oil or sunflower oil  
2 tablespoons fresh lime juice  
1 tablespoon white balsamic vinegar  
1 small jalapeno chile pepper  
1 large clove garlic, minced  
1 teaspoon sugar  
⅛ teaspoon freshly ground pepper  
¼ teaspoon salt  
Dash of cayenne pepper, *optional*

Cut jicama and peppers into matchstick strips and thinly slice onion.

In a large bowl combine, jicama strips, sweet pepper strips, and onion slices.

For the dressing: seed and finely chop jalapeno. Using a screw-top jar, combine all ingredients; cover and shake well. Pour Jalapeno Dressing over jicama mixture and toss to coat. Sprinkle fresh cilantro over salad and lightly toss again. Chill for 1 hour before serving. *Serves 8*

### Bok Choy Slaw

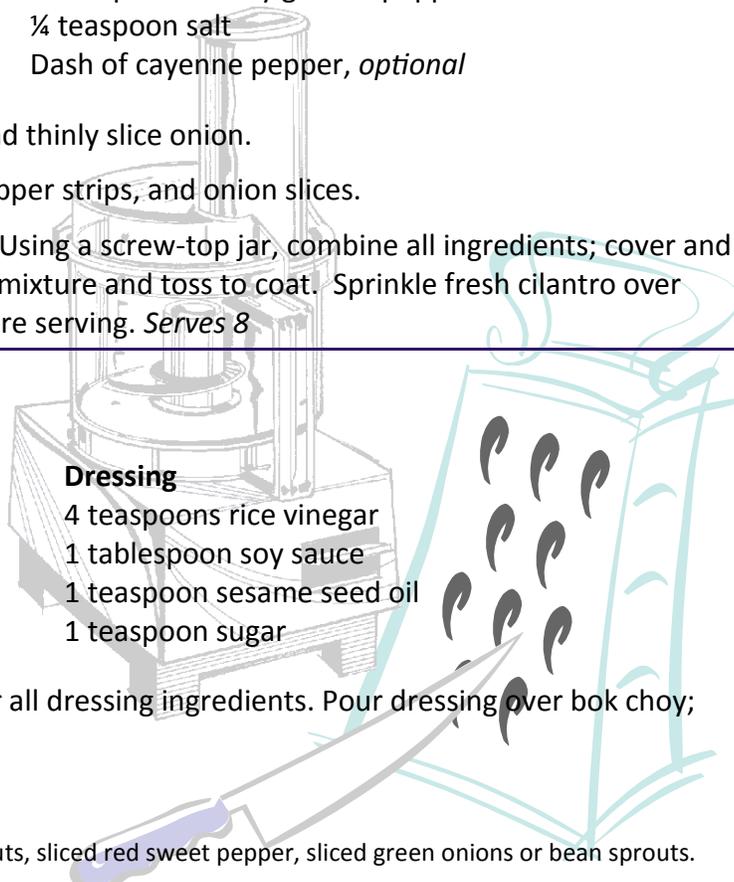
5 cups sliced Shanghai Bok Choy  
⅓ cup cashew nuts, coarsely chopped

#### Dressing

4 teaspoons rice vinegar  
1 tablespoon soy sauce  
1 teaspoon sesame seed oil  
1 teaspoon sugar

Place bok choy in a serving bowl. Whisk together all dressing ingredients. Pour dressing over bok choy; toss and top with cashew nuts. *Serves 4*

**Cook's Note:** Additions: sliced celery, sliced water chestnuts, sliced red sweet pepper, sliced green onions or bean sprouts.





## Moroccan Carrot Slaw

1½ pounds carrots, peeled and coarsely grated  
1 small red onion, thinly sliced  
2 oranges, peeled, quartered and sliced  
½ cup golden raisins  
One 15 ounce can chickpeas, drained and rinsed  
¼ cup black olives, sliced  
½ cup cashew nuts, coarsely chopped  
⅓ cup cilantro, coarsely chopped  
⅓ cup mint, coarsely chopped

### Dressing

Zest of 1 lemon  
Juice of 1 lemon  
1 teaspoon honey  
1 teaspoon cumin  
½ teaspoon coriander  
Dash cayenne pepper  
1¼ teaspoons salt  
½ cup olive oil

In a large bowl, mix together carrots, onion, oranges, raisins, chickpeas and olives. In a small bowl, mix together lemon zest, lemon juice, honey, cumin, coriander, cayenne pepper and salt. Whisk in olive oil. Pour dressing over carrot mixture; toss to coat. Add in cashew nuts, cilantro and mint; toss to coat. Let stand for 5 minutes. May garnish with additional cilantro leaves. *Serves 8*

## The Ultimate Slaw

5 cups savory or napa cabbage, shredded  
2 cups kale, shredded  
2 carrots, peeled and shredded  
1 Granny Smith apple, cored  
1 small (about 1 cup) red onion, thinly sliced  
1 cup pecans, toasted and coarsely chopped  
2 cups mint leaves

### Dressing

½ cup mayonnaise  
¼ cup sour cream  
3 tablespoons fresh lemon juice  
1 tablespoon Dijon mustard  
1 teaspoon sugar  
1 teaspoon kosher salt  
½ teaspoon cumin  
¼ teaspoon cayenne or more to taste  
¼ teaspoon freshly ground pepper

Thinly slice apple into matchstick strips. Toss cabbage, kale, carrots, apple, onion and pecans in a large bowl. In a small bowl, stir together mayonnaise, lemon juice, mustard, sugar, salt, cumin, cayenne and pepper. Pour over cabbage mixture and toss well to coat. Cover and refrigerate for 1 hour. Mound on a large platter and garnish with mint leaves. *Serves 8.*

## Shaved Zucchini Slaw with Almonds and Asiago

¾ pound green and yellow zucchini, trimmed  
4 green onions, thinly cut on the diagonal  
⅓ cup parsley leaves, coarsely chopped  
5 cups baby arugula leaves  
2 ounces Asiago cheese, shaved  
⅓ cup smoked almonds, coarsely chopped

### Dressing

½ cup olive oil or sunflower oil  
2 tablespoons fresh lemon juice  
2 cloves garlic, minced  
1 tablespoon almond butter  
Kosher salt and freshly ground pepper, to taste

Using a vegetable peeler, shave long strips of squash from stem to blossom end. Lay strips on a cutting board. Cut crosswise into 2 inch lengths. Place strips in a large bowl; add green onions and parsley. Whip lemon juice, garlic and almond butter until blended. Whip in sunflower oil; add salt and pepper to taste. Pour one-half of the dressing over zucchini mixture. Place arugula leaves in a separate bowl; drizzle enough dressing over arugula to lightly coat leaves. To serve: place arugula on a large serving plate; spread zucchini mixture over top. Sprinkle almonds and cheese over the top. *Serves 8*