Winter Slaw

**Ingredients**

- 1/2 red or green cabbage
- 2-3 carrots, whole, unpeeled and scrubbed
- 1-2 parsnips, whole, unpeeled and scrubbed
- 1 bunch fresh green herbs (e.g. parsley, cilantro, dill), chopped
- 1/2 cup extra virgin olive oil
- 1/2 cup vinegar (e.g. rice wine, red wine, sherry)
- 2 teaspoons salt

**Instructions**

1. Cut the cabbage into pieces that will fit into the food processor.
2. Using the shredding attachment, shred the cabbage, carrots, and parsnips.
3. Add all ingredients to a large bowl and mix well.
4. Move to refrigerator and let marinate at least 30 minutes before serving.
5. Taste and adjust seasoning as needed.
6. Store in air-tight container in the refrigerator and use within 5 days.

**Why We Like This Recipe**

This simple salad can be made with almost any vegetable available in the winter months and brings a bright freshness to the dinner table.

**Chef’s Notes:**

- Use other winter ingredients like fennel, beets, turnips, and radishes for variation.
- Add red pepper flakes or minced jalapeno for a milk kick.

**Nutrition Notes:**

- Cabbage promotes regular bowel movements and is a good source of prebiotic fiber that feeds our gut microbiome.

**Gardener’s Notes:**

- *Brasica oleracea* (cabbage) is an annual plant related to broccoli and cauliflower and known for its dense-leaved heads. Descended from wild cabbage, it has been cultivated and used in cuisine for over 4,000 years.
- Fun fact: Many cultures have legends of babies found in cabbage patches. The French term of endearment “mon petit chou” means “my little cabbage.”