

Winter Slaw

Culinary Medicine, Nutrition Services

Serves: 8, Serving Size: 1 cup

Equipment: cutting board, knife, food processor with shredding blade, large bowl, spoon

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.



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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."



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