Kale Slaw with Red Cabbage & Carrots

**Fresh from the garden:** carrot, kale, parsley, red cabbage, red onion

**Season:** Winter/Spring

**Serves:** 30 tastes in the classroom or 6 at home

**Equipment:**
- measuring spoons
- small bowl
- whisk
- tea towel
- chopping board
- cook's knife
- large bowl
- tongs

**Ingredients:**
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- 1 tsp apple cider vinegar
- salt
- pepper
- 5 kale leaves, finely shredded
- ¼ small red cabbage, sliced finely
- 1 carrot, peeled and julienned
- 1 small handful parsley, chopped
- ½ small red onion, diced
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds

**What to do:**
1. Whisk olive oil, mustard, and apple cider vinegar. Season with salt and pepper.
2. Combine kale, cabbage, carrot, parsley and red onion with sunflower and pumpkin seeds in a large bowl.
3. Drizzle with dressing, and toss to coat.
4. Taste and season as necessary before serving.