

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Tricolor Slaw w/ Kale, Chard, Purple Cabbage & Carrots

Inspired by and adapted from a recipe from [Tana Amen](#), author of *The Omni Diet*

When possible, prepare this slaw 30 minutes before you serve it. Though add the toasted almonds just before serving to retain their crunch. Having the vegetables sit in the dressing while you prepare the herbs softens the vegetables making them less of a “chew.”

Makes 9 cups

Serves 4-6

Active Time: 30 minutes

Dressing:

2 teaspoons Dijon mustard or your own [Cultured Mustard](#)

2 tablespoons apple cider vinegar

2 tablespoons mayonnaise (optional)

$\frac{3}{4}$ teaspoon cinnamon

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{2}$ cup extra-virgin olive oil

$\frac{1}{2}$ teaspoon salt

Dozen twists freshly ground black pepper

Salad Ingredients:

$\frac{1}{2}$ cup slivered almonds

2 $\frac{1}{2}$ cups young [lacinato kale](#), stems removed and very thinly sliced; leaves halved and thinly sliced

2 cups Swiss chard, stems removed and very thinly sliced; leaves halved and thinly sliced

4 cups shredded purple cabbage (2mm food processor slicing disc)

2 cups grated carrot

1 large scallion, thinly sliced on the diagonal

2 tablespoons fresh basil [chiffonade](#)

2 tablespoons finely chopped fresh parsley

1 tablespoon thinly sliced fresh oregano

1. Heat the oven to 350 degrees. Place the slivered almonds on a baking pan. Bake them 6-7 minutes until lightly toasted. Put aside to cool.
2. *Prepare the dressing:* Blend all ingredients together in a blender. Alternatively, use a small whisk to stir together the mustard, vinegar, mayonnaise, cinnamon, nutmeg, salt and pepper in a small bowl. Continue whisking while you slowly pour in the olive oil and the dressing thickens.
3. *Prepare the slaw:* Thinly slice the kale. Place it in a large bowl and toss it with the dressing.
4. Thinly slice the Swiss chard and toss it with the kale.
5. Shred the purple cabbage and toss it with the kale and chard.
6. Grate the carrots and toss with the other vegetables.
7. Thinly slice the scallion, basil and oregano; finely chop the parsley. Toss with the other vegetables and dressing.
8. Adjust the salt and pepper to taste. Toss in the toasted almonds just before serving.