



### **Cole Slaw with a Kick**

#### **Ingredients**

1 medium Purple cabbage  
1/2 pound organic Carrots  
1 medium Red Onion  
2 tablespoons sea salt  
1 tsp Black Pepper  
1/2 tsp Cumin  
1 tablespoon Dijon Mustard  
5 tablespoons Extra Virgin Olive Oil  
1/2 cup White Wine Vinegar  
2 tablespoons of Safflower oil Mayonnaise.

#### **Instructions**

Coarsely chop the vegetables into bite size pieces.

Mix together all the ingredients in a large bowl and let set for an hour before serving.

Letting the salad rest for an hour or two before serving gives a much better flavor as the vinegar, salt, and mustard help break down the cabbage and balance the onion.