

RECIPE OF THE WEEK

Tangy Rhubarb Slaw

Ingredients

- 1 cup of sliced rhubarb
- 2 cups of sliced cabbage
- 1 cup of shredded kohlrabi
- 1 cup of apple cider vinegar
- 2 garlic cloves minced
- 2 tbsp. splenda or stevia

- ¼ cup of fresh ginger – peeled and diced
- 2 tsp. red pepper flakes
- 3 tsp. mustard seeds
- ½ tsp. salt
- 1 tsp. pepper
- 4 tsp. olive oil



Preparation

1. Combine vinegar, salt, pepper, swerve, ginger, garlic, red pepper flakes, and mustard seeds in a saucepan and boil.
2. Pour heated mixture over rhubarb, let cool, and store in the fridge overnight.
3. In a large bowl add cabbage, kohlrabi, and oil.
4. Drain rhubarb reserving ¼ cup of the brine and add the ¼ cup of brine and rhubarb to the bowl tossing well.
5. Sprinkle additional salt and pepper and toss again.
6. Cover and refrigerate until cabbage and kohlrabi soften.
7. Serve and enjoy!

