

## Spicy Slaw with Lime and Cilantro

30 MIN

6 to 8 Servings

Easy

Ingredients

- 1 small head cabbage, about 1 ½ lbs. - cored and finely sliced
- 1 carrot, fine julienne
- ½ red onion, finely sliced
- ½ apple, diced with a little bit of lemon squeezed on it to preserve color
- ½ cup chopped cilantro or parsley
- *Optional: ½ cup chopped toasted nuts of your choice*
- *Optional: a handful of baby arugula or spring mix*

### Dressing

- 1 cup mayonnaise or a vegan mayo – for a low-sodium option make your own mayo without salt. It's easy!
- 2 limes, zested
- 4 limes, juiced
- 1 jalapeño, seeded and minced
- 2 cloves minced garlic
- 1 pinch salt

Instructions

### Mix up the Veggies

In a large bowl mix cabbage, carrot, onion, apple, and cilantro (or parsley if you're not a cilantro lover).

### Make the Dressing

Whisk together the dressing ingredients: veganaise or mayo, lime zest, and juice, minced jalapeño, and garlic.

Season with sea salt or Himalayan salt to taste.

Add the dressing to the veggies and mix well to thoroughly incorporate.

Cover and refrigerate for at least 1 hour.

Keep in fridge until ready to serve.