



Carrot Ginger Coleslaw

By: Bjorn Bergman, VFC Outreach Coordinator

Serves: 4-6

Prep Time: 20 minutes

Ingredients

- 4 large carrots, grated
- 2 green onions, thinly sliced
- 2 Tbsp ginger, finely minced
- 1-2 cloves garlic, finely minced or crushed
- 1 tsp lemon juice
- 2 tsp white wine vinegar
- 1 tsp tamari
- ½ tsp honey
- 1 tsp stoneground mustard
- ½ tsp toasted sesame oil
- 3 Tbsp sunflower oil

Directions

- In large bowl, combine grated carrot & sliced green onions.
- In small bowl, whisk together grated ginger, garlic, lemon juice, vinegar, tamari, honey, mustard & sesame oil. Slowly whisk in sunflower oil until well combined & thickened.
- Pour dressing over carrot & green onion mixture; toss well to coat.
- Let marinate in fridge for at least 30 minutes before serving.

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Ingredient checklist

GROCERY

- Lemon Juice
- White Wine Vinegar
- Tamari
- Honey
- Stoneground Mustard
- Toasted Sesame Oil
- Sunflower Oil

PRODUCE

- Carrots
 - Green Onions
 - Ginger
 - Garlic
-

Serving Suggestions

Local carrots are back! Try this fresh & healthy recipe that combines the deliciousness of carrots & ginger in a quick & easy slaw. It goes perfect on top of bean or beef burritos - or just try it as a side salad for your weekend grill out!

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