

Cabbage & Fennel Slaw

Yield 4 servings as a side, or 2 as a main | **Prep & cook time** 20 minutes

⅓ cup raw almonds or cashews
¼ cup hulled sunflower seeds
½ head medium cabbage (green or red), cored
1 small or ½ med-large head fennel, cored, a few fronds reserved
1 medium carrot, grated
2 dates, pitted and cut into small pieces

Dressing

2 tablespoons tamari or soy sauce
2 tablespoons apple cider or wine vinegar
1 tablespoon well-stirred tahini
1 tablespoon light olive oil or avocado oil
½ teaspoon honey, maple syrup, or date syrup

Fold in cooked wild rice, chewy grains like farro, or noodles to make this a more substantial salad, and/or top with your favorite proteins. You may want to make an extra batch of dressing.

Remember to save your fennel cores and stalks for stock — the scraps will keep in the freezer for as long as you need them to.

1. I wouldn't normally provide instructions for roasting nuts, but I want you to make sure to toast them all the way through, for maximum crunch and toastiness: Preheat your oven or toaster oven to 325°F. Arrange the cashews and sunflower seeds on opposite sides of a pan, or in separate oven-safe dishes, and roast until well darkened and fragrant — the seeds will take 8 to 10 minutes, and the nuts 15 to 20 (slice one in half to see that it's toasted all the way through). Cool completely, then break or coarsely chop the nuts.

2. To make the dressing, combine all the ingredients in a small jar or bowl and shake/whisk to combine.

3. Using a mandoline or a sharp chef's knife, thinly shave the cabbage and fennel. Add to a mixing bowl with the grated carrot and dates. Toss with the dressing to taste — I almost always use all of it, since I want a punchy, flavorful slaw. Garnish with the nuts and fennel fronds and serve immediately.

Note: As with all slaws, the salt in the dressing pulls moisture from the veggies and they lose their crunch over time. That said, I pack up leftover slaw and eat it the next day all the time. But for best results, store the salad and the dressing separately, and toss just before serving..