

# Brussels Sprout Slaw

Chris Kalinich of Plant 2 Platter

Yields: 4 - 6 servings



## INGREDIENTS

8 oz.	Brussels sprouts, shredded or finely sliced
1 large	carrot, grated
2 small	scallions, finely sliced
1 medium	red bell pepper, chopped
¼ cup	fresh cilantro, finely chopped
¼ cup	golden raisins or apple juice sweetened cranberries
2 Tbsps.	tahini
2 Tbsps.	rice vinegar or white wine vinegar
1 tsp.	miso paste, your color choice but I recommend white or yellow
1 Tbsp.	low-sodium tamari or coconut aminos
1 Tbsp.	Dijon mustard
2 Tbsps.	date syrup or maple syrup
1 Tbsp.	fresh ginger, minced (or 1/8 tsp. ground ginger)
1-2 Tbsps.	water, to reach desired consistency (may not be needed)
1 Tbsp.	black sesame seeds

## INSTRUCTIONS

1. In a large bowl, combine the Brussels Sprouts, carrot, scallions, red bell pepper, fresh cilantro, and golden raisins/apple juice sweetened cranberries.
2. In a small bowl, whisk together tahini, rice wine vinegar, miso paste, low-sodium tamari or coconut aminos, Dijon mustard, date or maple syrup, ginger, and water.
3. Add dressing mixture from small bowl to the large bowl of vegetables. Sprinkle in sesame seeds. Combine.

Chill for two hours and serve - this dish is best when the dressing has had time to soften the Brussels sprouts. However, it may be immediately served.

\*\*\* Edamame or green peas are a pleasant and hearty edition to this dish. \*\*\*



Contact Chris at [www.plant2platter.com](http://www.plant2platter.com) or @Plant2Platter on Facebook & Instagram