

Green Bean Slaw

Yield: approximately 3-4 cups

- 3 Cups green beans, trimmed
- 2 Tablespoons olive oil (or oil of choice)
- 2 Tablespoons white wine or cider vinegar
- 2 Tablespoons honey or maple syrup
- ½ Teaspoon salt (kosher or sea)
- Freshly ground pepper
- 1 ½ Cups thinly sliced red cabbage
- 1 Cup shredded carrot
- 1 Medium red bell pepper, thinly sliced

Optional add-ins: Chopped green onion, chopped parsley or cilantro, toasted sunflower or pumpkin seeds



Bring large pot of salted water to a boil; add green beans. Cook for 3-4 minutes, depending on size and desired doneness (they should still be crisp to the bite). Drain and rinse with VERY COLD water until cool to the touch. Drain well. Slice beans in half lengthwise and place in large bowl.

In a small bowl or in a glass jar, combine oil, vinegar, honey or maple syrup, salt and a few grinds of pepper. Whisk or shake to combine. Set aside

Add cabbage, carrots, bell peppers, and any other add-ins to the green beans. Add vinaigrette and toss to mix well.

Cover and refrigerate until ready to serve (up to 24 hours). Re-toss, taste and add additional salt/pepper, vinegar and/or sweetener as desired before serving.