



## Think&EatGreen@School Feature Salad 'The Seasonal Slaw'

Chef Steve Golob (UBC Place Vanier Dining Hall) and Sarah Carten (VCH Community Nutritionist) developed this delicious and diverse slaw to make use of vegetables that can be easily grown and harvested from school gardens in the fall, and combines local ingredients and products from within Metro Vancouver's bioregion. The recipe makes use of old favourites, like carrots, scallions, and broccoli, and incorporates some not-so-familiar veggies, like celeriac and kohlrabi, which grow incredibly well in Vancouver's climate. Cranberries and honey add a nice tart and sweetness to each spoonful and the pumpkin and sunflower seeds are excellent sources of fat and protein, which help make the dish a little more filling.

Second-year university students in the Faculty of Land and Food Systems at UBC have been making this seasonal slaw with Vancouver School Board students for the past 2 years, developing culinary skills and encouraging vegetable consumption with both student populations. It is an easy salad to make with all ages and can be modified to accommodate any palate, pleasing even the pickiest of eaters. Enjoy!

### Recipe

#### **Main Ingredients (makes 10 small servings)**

Kohlrabi – 1, peeled and shredded  
 Broccoli (with stalk) – 1, stalk peeled and shredded, flowerettes cut into small pieces  
 Celeriac – 1, peeled and shredded  
 Carrot – 4, peeled and shredded  
 Flat leaf parsley – 1/2 bunch  
 Scallions (green onion) – 1/4 bunch  
 Basil leaves – 3-6 leaves  
 Pumpkin seeds – 5 tbsp  
 Sunflower seeds – 5 tbsp  
 Dried cranberries – 5 tbsp

#### **Dressing:**

Honey – 2 tbsp  
 Extra virgin olive oil – 1/4 cup  
 Apple cider vinegar – 1 tbsp  
 Lemon juice – 1 lemon juiced  
 Lemon zest - to taste  
 Sea salt to taste  
 Black pepper to taste  
 \* Make adjustments of dressing ingredients to taste

