

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

New Orleans Coleslaw

From *Nigella Express* by Nigella Lawson

Serves 6

1 head of green or savoy cabbage, weighing about 2 lbs before trimming
2 carrots
4 scallions
2 stalks celery
1 cup best-quality, preferably organic, mayonnaise
¼ cup butter milk
2 Tbsp maple syrup
2 tsp apple cider vinegar
Salt and pepper to taste
2/3 cups pecans, fairly finely chopped

1. Trim and shred the cabbage; you can do this either by hand or with a food processor.
2. Peel and grate the carrots, finely slice the scallions and celery. Toss all the vegetables together in a large bowl.
3. Whisk together the mayonnaise, buttermilk, maple syrup, and vinegar and coat the shredded vegetables with this dressing.
4. Season to taste with salt and pepper and toss in the chopped nuts.