

Rainbow Veggie Slaw

This recipe is adapted from a recipe in The Complete Book of Raw Food, John Larsen.

This entire recipe can be created in 20 minutes with a food processor that has a small work bowl and blade as well as the usual larger work bowl. Macadamia nuts in the dressing provide protein. Because the ingredients are so finely chopped, it's dense but very easy to eat. Great for when you are entertaining -- because this can make a very large bowl of salad.

Salad:

½ medium head purple cabbage
1 bunch scallions
1 large head broccoli
1 head cauliflower
2 red bell peppers
2 yellow bell peppers
3 carrots

Dressing:

1 cup olive oil
Sea salt to taste
4 teaspoons white pepper
2 cups macadamia nuts
3 lemons, juiced

Directions:

Use the small work bowl to finely grind the macadamia nuts. Add the olive oil, sea salt, pepper, and lemon juice. Put aside in a small bowl. Roughly chop the cabbage, scallions, broccoli, cauliflower, bell peppers, and carrots and process them in the food processor until granulated. Transfer the granulated vegetables to a large bowl, mix in the dressing, or put it on as you serve the mixture.