

Vegan Coleslaw

Crisp cabbage, carrot, and scallion tossed in a tangy-sweet, egg-free creamy dressing.

PREP TIME
20 min

COOK TIME
0 min

SERVINGS
4

DIFFICULTY
Easy

SEASON
Year-Round

INGREDIENTS

US Standard | Metric

FOR THE DRESSING

¾ c vegan mayo	175 g
3 T apple cider vinegar	45 ml
1 T dijon mustard	15 g
1 T pure maple syrup	15 ml
¾ tsp celery seed	1.5 g

FOR THE SLAW

8 c cabbage, thinly sliced	720 g
2 carrots, shredded	120 g
3 scallions, thinly sliced	45 g
Kosher salt & pepper to taste	—

INSTRUCTIONS

1 Make the dressing.

In a medium bowl, whisk together the vegan mayo, apple cider vinegar, Dijon mustard, maple syrup, and celery seed. Season with salt and several grinds of pepper.

2 Toss the slaw.

In a large bowl, combine the cabbage, carrots, and scallions. Pour the dressing over the top and toss until every strand is evenly coated.

3 Season & serve.

Taste and adjust with more salt and pepper. Serve right away for maximum crunch, or chill 15–20 minutes to let the flavors meld.

LOCAL SOURCING: Cabbage, carrots & scallions — Courage to Grow Farms (Spokane, WA)

CHEF C'S TIPS

"Slice the cabbage as thin as you can — a mandoline makes quick work of it and gives you that classic deli-style crunch."

"Let the slaw sit 15–20 minutes before serving. The cabbage softens just slightly and really soaks up the dressing."

"No apple cider vinegar? Rice vinegar makes a milder, slightly sweeter swap."

NUTRITION FACTS

Per serving (1/4 of recipe)

Calories	350	Protein	3 g
Total Fat	30 g	Sat. Fat	3 g
Carbs	18 g	Fiber	6 g
Sodium	400 mg	Sugar	10 g

