



STATE FAIR SLAWS



CARROT SLAW

Adapted from Lillie Eats & Tells Thai Carrot Slaw Recipe

For the salad:

- 2 ½ cups carrots, matchsticks
- 1 ½ cups radish, matchsticks
- ½ cup cilantro, chopped
- 2 tbsp mint, chopped
- 2 tbsp basil, chopped
- ¼ cup green onions, chopped

For the dressing:

- 1 tbsp rice vinegar
- 1 tbsp lime juice
- 1 tbsp sesame oil
- 1 tbsp honey
- 1 tsp chili paste
- 1 tsp salt
- 1 tsp sesame seeds

1. Add all of the prepared vegetables and herbs to a large bowl.
2. Mix the dressing in a small bowl.
3. Combine together and serve this slaw on its own or on top of a main entree.



GREEN GARDEN SLAW

Adapted from Baked by Millie Everyday Green Goddess

For the salad:

- 1 small cabbage, shredded
- 2 cucumbers, diced
- 1 bunch of green onions, chopped
- 1 green pepper, matchsticks
- 1 zucchini, diced
- Optional: Add other green vegetables like sugar snap peas, celery, broccoli

For the dressing:

- 1 cup fresh spinach
- 1 cup basil
- ¼ cup olive oil
- 2 lemons or limes, juiced
- 2 tbsp rice vinegar
- ⅓ cup nutritional yeast
- ½ tsp salt
- ¼ cup cashews
- 2 garlic cloves

1. Prepare the vegetables and add them to a bowl.
2. Add the dressing ingredients to a blender. Put the greens and herbs in first. Combine until smooth.
3. Pour the dressing over the vegetables and mix well.
4. Optional: For some extra green, top with any other desired herbs or pumpkin seeds.