

Coconut Quinoa Coleslaw with minty Tahini Dressing (Nasrin)

1 C Quinoa

1 ½ C water

½ tsp good salt

½ C sesame Tahini

½ C Lime Juice

¾ extra virgin olive oil

1 ½ tsp pure maple syrup

Pinch of salt more as needed

1 C fresh mint leaves, packed

2-3 C red cabbage shredded

2-3 green cabbage shredded

1 bunch lacinato kale. Thinly chopped

2 C carrots, shredded

1 Red bell pepper, stem & seeded removed, julienned

¼ C lemon juice

2 Tbs extra virgin olive oil

1 tsp salt

2 C unsweetened desiccated coconut

Make the quinoa: combine the quinoa, water, and salt. Bring to a boil, reduce the heat to low , and cook covered until all the water has been absorbed and the quinoa grains are tender, about 20 minutes, fluff with fork.

Preheat a dry skillet over medium heat when hot, roast the coconut, stirring often until golden brown and fragrant about 2-3 minutes. remove the pan from the heat set aside.

In a Large bowl, combine the cabbages, kale, carrots and bell pepper.

In small bowl, whisk together ¼ C lemon juice, 2Tbs olive oil, and 1 tsp salt , and pour over the vegetables. Toss well, and lightly massage the liquid with vegetables, let it marinate for 5-10 minutes.

Make the dressing with ½ C lemon juice, ½ Tahini, 1 ½ tsp pure maple syrup, ¾ olive oil, salt, chopped mint. Blend until smooth and creamy.

Add to salad, and toss with quinoa and coconut.