



**Makes 2 cups**  
**Preparation Time: 20 minutes**  
**Cook Time: 30 minutes**

#### INGREDIENTS:

1½ cups peeled and shredded  
broccoli stalks (from 1 head)

1 cup shredded carrots

⅓ cup thinly sliced scallions

2 tablespoons finely chopped  
fresh parsley

2 tablespoons almond flour

1½ teaspoons flaxseed meal

1½ teaspoons low-sodium tamari  
or soy sauce

1½ teaspoons white wine  
vinegar

½ teaspoon Dijon mustard

Sea salt, to taste

Freshly ground black pepper, to  
taste

## The Best Broccoli Slaw

If you're tossing your **broccoli** stalks in the compost pile, you're seriously missing out. Their tender texture and earthy sweetness make them arguably better than the florets that you typically enjoy. In this scrumptious coleslaw broccoli stalks are shredded and tossed with carrots, scallions, and fresh herbs to create a crunchy medley. The creamy mustard dressing adds the perfect amount of tang to balance out the veggies. Serve this easy dish alongside **veggie burgers** at your next BBQ!

**Tip:** For optimal deliciousness, remove the toughest outer layer of broccoli skin with a vegetable peeler and cut off the fibrous bottom ½-inch of each stalk.

By Darshana Thacker Wendel

- 1** In a medium bowl combine broccoli stalks, carrots, scallions, and parsley.
- 2** In a blender combine the next five ingredients (through mustard) and ½ cup water. Cover and blend until smooth. Season with salt and pepper.
- 3** Add the dressing to the vegetables and toss to coat. Chill at least 30 minutes before serving.