



# Caribbean Cole Slaw

Makes 10 to 12 appetizer servings ~ \$12.50 (\$1.25 per serving)

Makes 4 to 6 salad servings ~ \$12.50 (\$2.08 per serving)

*This is a recipe that can be altered throughout the summer months, based on what's seasonally available. Shredded zucchini is a good addition mid-summer, then cabbage as we move towards the later part of the summer. Chopped fruit or nuts are also good additions. This dish can be served both as an appetizer (served on a firm lettuce leaf or in a radicchio "cup") or as an accompaniment to an entrée. Excellent with grilled chicken!*

## Ingredients

4 carrots, shredded	1 cup of snap peas, cut on the diagonal
1 bunch of large radishes, shredded or sliced thin	Jerk dressing (see below)
1 bunch of green onions, thinly sliced on the diagonal	Romaine lettuce leaves (if serving as an appetizer)

## Directions

Combine all the ingredients in a bowl and toss with enough dressing to coat the vegetables thoroughly. Add more dressing to taste. However, be careful not to add too much dressing or the vegetables will become soggy. Best if made ahead and chilled to allow all the flavors to blend. Arrange lettuce leaves on a platter and top with a spoonful of salad.

## Jerk Seasoning

1 tablespoon onion flakes	2 teaspoons sugar	1 teaspoon ground black pepper
1/2 teaspoon hot pepper flakes	1 teaspoon ground allspice	1 tablespoon garlic powder
2 teaspoons ground thyme	1/4 teaspoon ground nutmeg	1/2 teaspoon cayenne pepper
2 teaspoons dried chives	1/4 teaspoon ground cinnamon	1/4 teaspoon ground cumin
1 teaspoon dried parsley	1 tablespoon garlic powder	1 teaspoon paprika

Mix together all the ingredients. Store leftovers in a tightly closed glass jar. It will keep its strength for over a month. Use as a rub to season meat, chicken or fish.

## Jerk Salad Dressing

1/3 cup cider vinegar	1-2 tsp. Jerk Seasoning mix	3-4 Tbsp. honey
4 Tbsp. olive oil	Dash of salt	

Combine all the ingredients in a jar and shake well to mix. Adjust seasonings and honey to taste – i.e. if adding a fruit to your salad, such as mango or orange, you can cut back on the honey.

*Recipe courtesy of Mary Pat Butler.*

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