



Green Machine Slaw

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

slice: to cut into thin pieces using a sawing motion with your knife.

Equipment

- Medium mixing bowl
- Small mixing bowl
- Graters (or cutting board + kid-safe knife)
- Measuring spoons
- Liquid measuring cup
- Whisk
- Large spoon or salad tongs

Ingredients

Green Machine Slaw

- 1/2 head green cabbage

- 1 celery stalk
- 1 carrot
- 2 T vinegar (apple cider or white are best)
- 1/4 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk) ****
- 1 pinch sugar
- 1 pinch salt
- 1 pinch ground black pepper
- 1/4 tsp ground mustard

Food Allergen Substitutions

Green Machine Slaw

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Green Machine Slaw

grate + chop

Grate or chop (your choice) **1/2 head of green cabbage, 1 celery stalk, and 1 carrot** into a medium mixing bowl.

measure + whisk

Measure **2 tablespoons vinegar, 1/4 cup milk, 1 pinch of sugar, 1 pinch of salt, 1 pinch of black pepper,** and **1/4 teaspoon ground mustard** into a small mixing bowl and whisk to combine.

toss + crunch

Toss the dressing with the grated or chopped vegetables. Chill for a few minutes or serve immediately. Enjoy!