

# *Kristann's Seaweed + Cabbage Salad*

## Ingredients

- Equal parts red cabbage, green cabbage + carrot (+broccoli stems if you have them)
- Nori seaweed
- A can of chickpeas or one or two cups of cooked/sprouted chickpeas
- 1/4 cup light olive oil (or another light oil)
- 2 tbsp sesame oil
- 5 tbsp tamari
- 5 tbsp rice vinegar
- 2 tbsp peanut or sunflower butter
- A few shakes of ginger powder
- Optional garnishes: sunflower seeds, pumpkin seeds, more nori strips, a fried egg

## Preparation

- Shred the cabbage and carrots into a bowl.
- Cut the nori sheets into thin strips and add to the bowl.
- Mix in the beans.
- In a mason jar, shake the oils, tamari, vinegar, nut butter and ginger powder until blended into a dressing, and fold the dressing into the salad.

- Serve this salad as in a bowl, garnish with a handful of seeds or a fried egg. You can also serve atop a bed of wild or black rice for a heftier meal.
- Any leftovers? Roll them into rice wraps and serve for lunch the next day! This is a big batch salad to enjoy throughout the week. Enjoy!