



Weatherwane Farm

BUENA VISTA, COLORADO

2013 GROWING SEASON

RECIPES

Broccoli, Cabbage, Kohlrabi Coleslaw with Quinoa

- 3 1/2 cups mixed shredded broccoli stems, green cabbage, & kohlrabi (peel broccoli & kohlrabi stems before shredding)
- Salt to taste
- 1/2 cup cooked quinoa
- 2 tb fresh dill
- 1/2 tsp nigella, chia, or flax seeds
- 3 tb fresh lemon juice
- 1 tb seasoned rice vinegar
- 2 tsp Dijon mustard
- 2 tb grapeseed or canola oil
- 1/4 cup lowfat, plain yogurt
- Freshly ground pepper

Optional: 1/2 cup low-fat cottage cheese

Toss shredded vegetables with salt to taste and place in a strainer set over a bowl. Refrigerate and let sit for 45 minutes to an hour. Discard the water that accumulates in the bowl and squeeze the shredded vegetables to extract more water. Transfer to a bowl and toss with the quinoa, dill, & seeds.

In a small bowl or measuring cup, mix together lemon juice, rice vinegar, salt & pepper, Dijon mustard, oil, & yogurt. Toss with the shredded vegetables. Add the cottage cheese to the salad and toss, or serve with the cottage cheese spooned on top. Refrigerate in a bowl or in containers until ready to serve.