



- Vegetarian
- Vegan
- Gluten Free

Ingredients

- 4 large Red Cabbage leaves
- 1/4 small head Green Cabbage, cored, shredded
- 1 lg Carrot, grated, toss with Cabbage
- 1 lg handful Sprouts, toss with Cabbage
- 1 Avocado, sliced
- 1/4 cup Cilantro, rough chopped
- Nut Filling
- Salsa Fresca
- Lemon Tahini Dressing

Assemble

Portion 1/4th of the nut filing into each red cabbage leaf. Add 1/4th sliced avocado to each. Add small hand-full cabbage/carrot/sprouts mix to each. Add 2 T Salsa Fresca and 2 T Lemon Tahini Dressing to each. Top with chopped cilantro.

Makes four servings. **Bon Appétit!**

Nut Filling

- 1 cup Walnuts
- 1 cup Sunflower Seeds
- 1/4 cup Cashews
- 2 tsp Salt to taste
- 1 1/2 tsp Chili Powder to taste

Soak the nuts/seeds in water for two hours, drain and puree in food processor or blender, add salt and chili powder and blend.

Salsa Fresca

- 3 Tomatoes, diced small
- 1/2 Yellow Onion, diced small
- 1/2 Cucumber, peeled, seeded, diced small
- 2 tsp Serrano Chili, chopped fine
- 1 tsp Garlic, chopped fine
- 1/2 cup Cilantro, rough chopped
- 1/4 cup Lemon Juice
- 1/2 tsp Black Pepper
- 1/2 tsp Coriander Seeds, toasted, ground
- 1/2 tsp Cumin Seeds, toasted, ground
- 1 tsp Salt

Combine all ingredients and allow to sit for at least an hour to develop and blend flavors.

Lemon Tahini Dressing

- 1 T Cumin Seeds, toasted
- 2 tsp Garlic, chopped fine
- 1 tsp Salt
- 1/2 c Tahini Paste
- 1/2 c Lemon Juice
- 3 T Rice Vinegar
- 1 T Water
- 2/3 cup Olive Oil

Mash cumin seeds, garlic and salt in a mortar. Add remaining ingredients and blend with hand blender, food processor or blender until smooth, no lumps.