

ASHLEY'S MEAL PREP MONDAY

Summer Slaw



For Slaw:

3-ish cups shredded cabbage
(green, red, or Napa)
2 cups mixed shredded
veggies
(carrots, radishes, broccoli,
peppers, snow peas etc.)
1/4 cup thinly sliced green
onion

For Vinaigrette:

1/4 cup white wine vinegar
2 TBSP avocado oil
1 TBSP chopped fresh
parsley
1 TBSP chopped fresh basil
1 TBSP honey
1 TSP oregano
(additional herbs if you want;
dill, rosemary, tarragon...)
1/2 TSP Dijon mustard
salt/pepper to taste

Slaw:

Combine cabbage, shredded veggies
and onion in a bowl

Vinaigrette:

Shake together vinaigrette
ingredients in small covered jar.
Store veggie mixture and
vinaigrette separately in the fridge
for 3-4 days. Toss together and
chill up to 24
hours before
serving as a
slaw to let
the flavors
combine

