September Farmers Market Recipes

Broccoli Slaw

Makes 12 (1/2-cup) servings

1/3 cup raisins
6 cups broccoli slaw mix
1/4 pound red onion (1/2 small onion), finely chopped
3/4 cup almonds, slivered or roughly chopped
1/2 cup mayonnaise
2 tablespoons lemon juice
2 tablespoons rice vinegar
2 tablespoons sugar
1 teaspoon salt
Freshly ground pepper

Instructions:

1. In a large bowl, combine the shredded broccoli, raisins, red onion, and almonds.
2. Whisk together the mayonnaise, lemon juice, vinegar, sugar, salt, and a generous quantity of fresh pepper. Pour the dressing over the broccoli mixture and stir to combine. Taste and add more salt or pepper, if needed. Allow to sit for 30 minutes (or an hour in the fridge) so the flavors can mingle.

Nutrition Tip: Broccoli is a cool season crop and a popular superfood. It is rich in fiber, vitamin C, folate, and phytonutrients.