

Pomegranate Coleslaw

Coleslaw is generally not something that I find exciting. I don't know why, I love cabbage, but for some reason, it's just usually not very interesting. Too sweet, with a mayo based dressing, which I'm not gonna lie — I hate!

Surely, I've always thought, there has to be a way to make it that's more interesting, right? Well, I'm happy to tell you, yes. Yes, there is. It involves pomegranate seeds, Ava Jane's Kitchen Avocado Oil, and not much else, but it's delicious.

The dressing is a simple mix of avocado oil, mustard, and white wine vinegar, while the salad is pretty a pretty basic mix of cabbage and carrots (I used a bagged cabbage mix of purple and green) with some chopped parsley thrown in. Some pomegranate arils and Colima Sea Salt add the perfect mix of fruity, sweet, and salty. It's definitely not your typical coleslaw, but it's bright and festive, and definitely made without commercial mayonnaise!

Tip: If you've never used pomegranate seeds before, it's easiest to buy them. They're readily available at most supermarkets, and so much easier than deseeding a pomegranate.

Pomegranate Coleslaw

Ingredients:

Salad:

6 cups shredded cabbage or coleslaw mix
1/2 cup pomegranate arils
1/4 cup chopped parsley
1/4 cup shredded carrots (skip if using a mix that has them)
1/2 teaspoon Colima Sea Salt

Dressing:

1/2 cup Ava Jane's Kitchen Avocado Oil
1/4 cup white wine vinegar
1 teaspoon honey
1 teaspoon Dijon mustard

Directions:

Toss the salad ingredients in a large bowl. Whisk the dressing ingredients together and toss with the salad. Chill until ready to serve.