

# Rutabaga Sesame Slaw

Recipe serves: 4



## **Ingredients:**

1 tsp Dijon mustard  
1 tbsp sesame oil  
1tsp sesame seeds  
1 tbsp honey  
1 clove garlic, minced  
½ tsp crushed hot chili  
1 tbsp cilantro  
1tsp soy sauce  
¼ cup rice vinegar  
3 cup peeled rutabaga, coarsely grated and loosely packed

## **Directions:**

- 1) Whisk first nine ingredients together.
- 2) Fold in rutabaga.
- 3) Chill for 20 minutes.

## **Dietitians Note:**

Rutabaga is probably one of those funny looking vegetables you've walked by in the grocery store countless times without buying because you weren't quite sure what to do with it. Rutabaga is a root vegetable that can be eaten raw in salads or cooked into soups or a stir-fry. This is a recipe I made while studying at UBC when I learned how to apply nutrition theory in the kitchen under the incredible leadership of dietitians, Joanne Rankin & Gerry Kasten. Enjoy!