



Lemon Dill Slaw

By Chef Veera Gaul, Ph.D.



Ingredients

½ head of green cabbage
½ head of red cabbage
1 yellow pepper, sliced thin
½ red or white onion, sliced thin (See Chef Tip)
¼ cup mayonnaise (See Chef Tip)
¼ cup sour cream (See Chef Tip)
2 heaped tablespoons O&V [Dill Lemon Mustard](#)
1 tablespoon O&V [Marc de Champagne vinegar](#)
Zest of one lemon
Juice of half a lemon
1/3 cup fresh dill, chopped (plus more for garnish)
¼ teaspoon O&V [Lemon Pepper Seasoning](#) (more to taste)
Fresh cracked black pepper to taste
½ cup roasted, salted pepitas or sunflower seeds
Fresh parsley or chives for garnish

Preparation

Thinly slice both the cabbages into a large bowl. Add the sliced yellow pepper and onion and mix together

In a separate bowl beat the mayonnaise and sour cream together. Add in the Dill Lemon mustard, Marc de Champagne vinegar, lemon zest, lemon pepper seasoning and combine well. Stir in the fresh dill and add fresh cracked pepper to taste.

Pour over the cabbage mixture, toss to coat and refrigerate for at least 30 minutes. Just before serving, add a squeeze of lemon juice from half a lemon, fold in the roasted pepitas or sunflower seeds and garnish with fresh parsley or snipped chives

Serves 6-10

Active Time 15 minutes. Total Time: 45 minutes

Chef Tip

To make this vegan, replace the mayonnaise and sour cream with ½ cup of vegannaise

To take the strong aroma and bite out of the onion, soak the sliced onion in ice cold water for 15-20 minutes. Drain, pat dry and add to the slaw.

Notes

* The [Dill Lemon Mustard](#) really makes this dressing – the combination of whole grain mustard, citrus and dill is hard to replicate, but feel free to use another flavorful mustard and add a little more dill and lemon juice to the slaw. The light, crisp, slightly sweet and refreshing taste of the [Marc de Champagne vinegar](#) balances the creaminess of the mayonnaise and the [Lemon & White Pepper](#) seasoning adds a nice blend of mild pepperiness and flavor.

Categories: Snacks & Sides, Vegetarian, Vegan Option, Gluten Free, Dill Lemon Mustard, Marc de Champagne Vinegar, Lemon & White Pepper Seasoning, Slaw, Mayonnaise, Vegannaise,