

Recipe – Red Cabbage and Carrot Salad

Ingredients:

- one pound carrots, shredded
- one half head red cabbage, shredded
- one half cup figs, chopped (other dried fruit is OK)
- one tablespoon gomasio or toasted sesame seeds
- juice of one lemon
- juice of one orange
- 2 tablespoons sesame oil
- 1/3 cup extra virgin olive oil
- salt to taste

Directions:

Mix the carrots, cabbage, sesame seeds, and dried fruit in a salad bowl

Blend the juices and oils and salt to taste

Combine salad and dressing and serve immediately