

# Herbal Legacy Recipes

## Addison's Cabbage Salad

*A delicious and simple way to enjoy the health benefits of cruciferous vegetables*

Contributed by Addison Kirk

### **INGREDIENTS:**

- 2 small heads CABBAGE, shredded
- 4 GREEN ONIONS, finely chopped
- ½ cup EXTRA VIRGIN OLIVE OIL
- ½ cup LEMON JUICE, freshly squeezed
- ½ cup HONEY
- 5 cloves GARLIC
- 1 tablespoon SESAME OIL
- 2 teaspoons VEGE-SAL
- 3 teaspoons FLAXSEEDS
- ¼ cup ALMONDS, slivered or chopped



### **DIRECTIONS:**

Combine all ingredients in a large bowl. Toss until well combined.

Serve beside a bed of hot brown rice.

For a free e-book full of delicious recipes by Addison Kirk visit:  
<http://www.addisonkirk.com/book/>

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