

Tangy Sesame Slaw

There's nothing like coleslaw for a summer barbecue side dish—and this creamy, rich slaw is one of my favorites, because it's not heavy and gloppy with mayonnaise. Instead, it features nutty tahini and avocado to provide the creaminess, plus plenty of lemon juice for tang.

Serves 4

- ¼ cup sesame tahini
- Juice of 1 lemon
- 1 clove garlic, crushed
- 1 tablespoon sesame oil
- 1 tablespoon yacon syrup
- 1 ripe avocado, mashed
- 1 tablespoon coconut aminos
- 1 large red onion, thinly sliced
- 1 small head cabbage, shredded
- 1 beet, shredded
- 1 carrot, shredded
- ¼ cup finely chopped fresh mint
- ¼ cup finely chopped fresh dill

In a large bowl, whisk together the tahini, lemon juice, garlic, sesame oil, and yacon syrup until smooth.

Add the avocado and coconut aminos and continue whisking until a very smooth, thick dressing the consistency of mayonnaise is formed.

Add the remaining ingredients to the bowl and toss until well combined.

Serve as is for a side dish, or top with a couple of fried omega-3 eggs to make a full meal.