

Cabbage and Fonio Salad

Serves 4-6 | 15 minutes prep + 5 minutes cook time

A relative newcomer to American tables, fonio has been grown in Africa for more than 5,000 years. The light, fluffy grain with a nutty flavor cooks in a few minutes, unusual for a whole grain packed with complex carbohydrates, an array of vitamins, and protein. It adds substance to this cabbage salad with a zingy, cilantro-date dressing inspired by Samin Nosrat's adaptation of a chutney from chef and anthropologist Niloufer Ichaporia King's landmark cookbook, "My Bombay Kitchen."

**½ head green cabbage,
chopped finely**

1 cup cooked Fonio*

1 golden beet, grated

1 medium shallot, chopped

¼ cup extra virgin olive oil

Juice and zest from 2 limes

2 tablespoons Just Date syrup

½ teaspoon RGF kosher salt

**½ bunch cilantro, leaves and
stems, finely chopped**

1 tablespoon grated ginger root

**1 jalapeno pepper, halved and
sliced (remove seeds and white
membrane for less heat)**

**½ teaspoon Burlap & Barrel
Purple Stripe garlic**

**1 teaspoon NY Shuk Shawarma
spice blend**

Step 1 Combine all the ingredients in a large bowl and mix well.
Taste and add salt if needed.

*cooked according to package
directions