

# Crunchy White Root Slaw

TO STRENGTHEN LUNG QI  
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## You will need:

"White is the color of the lung" "Pungent/ Spicy /Acrid is the flavour of the LUNG" According to Traditional Chinese Medicine Dietary Therapy this flavour helps to gently 'release' sweat to the exterior of the body, to help push out pathogens & to open the respiratory passages.

## Ingredients:

- choose 3 types or more of uncooked: Turnip peeled
- Parsnip peeled
- Rutabega peeled
- Radish Jicama peeled
- Asian pear apple

## Directions:

Chop all into 'matchstick' shapes or rough chop

## Dressing:

- Ginger root (size of baby toe) scrape peel off with spoon edge/chop fine
- 1 clove minced garlic
- 1 TBSP Honey melted in
- 2 TBSP warm water or soy sauce (Avocado oil or Walnut oil
- 4 TBSP If desired)

Place in a jar with tight fitting lid. Shake it up, pour over slaw

## Topping:

- Chopped scallions or chives 2 TBSP
- Fresh parsley chopped (handful) Toss together, serve cold

