

Coleslaw

This Coleslaw recipe is as simple as it gets. You can change the flavor by adding different herbs or spices. For example, I have some Mexican tarragon in my garden and the flavor of a few sprigs added to the Coleslaw changes it into something exciting. Add chopped dill for a fresh summery flavor. OR add some cumin and cayenne pepper for a more Southwestern twist. Thin sliced radish strips are also a nice addition.

¼ large head	cabbage, shredded	1	Tablespoon	honey
2	carrots, peeled and shredded	1 ½	teaspoons	Dijon mustard
1	green onion, sliced thin, Separate light pieces from the dark green pieces	½	teaspoon	Kosher salt
		⅛	teaspoon	black pepper
½ cup	mayonnaise	2	Tablespoons	various fresh herbs (parsley, tarragon, savory, etc.)
1	Tablespoon			apple cider vinegar

- 1 Add the shredding disc to your food processor, and shred the carrots or use a box grater. Remove from the bowl and fit the food processor with the slicing disc. Cut the cabbage into wedges and process them through the feed tube or slice the cabbage finely into shreds. Add to the carrots.
- 2 In a bowl, mix together the mayonnaise, apple cider vinegar, honey, Dijon mustard, salt and pepper.
- 3 Thinly slice the green onions. . Chop the white part of the onion fine and add it to the cabbage mixture. Chop the herbs and add as well.
- 4 Mix the mayonnaise mixture into the cabbage mix. Let it sit about 5 minutes. Mix it again and then top it with the green onion pieces to garnish.

Servings: 4

Preparation Time: 15 minutes

Inactive Time: 5 minutes

Total Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 152 calories, 88 calories from fat, 10g total fat, 7.6mg cholesterol, 497.3mg sodium, 161mg potassium, 16g carbohydrates, 1.5g fiber, 8.4g sugar, <1g protein.

Source

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