



RAINBOW COLESLAW

Serves: 8

Time: 20 minutes

Ingredients:

½ cup apple cider vinegar (*red wine, white or sherry vinegar will also work*)

¼ cup olive oil

1 garlic clove, minced

1 teaspoon ground mustard (*optional*)

1 teaspoon sugar (*optional*)

Salt and pepper to taste

½ green cabbage, thinly sliced

½ red cabbage, thinly sliced

2 carrots, cut into thin strips (*you can use a vegetable peeler to slice thinly*)

1 yellow bell pepper, cut into thin strips

3 or 4 radishes, thinly sliced (*optional*)

Directions:

1. Add vinegar, olive oil, garlic, ground mustard, sugar, salt and pepper to a bowl and whisk together.
2. Wash vegetables to remove surface soil.
3. Working carefully, thinly slice cabbage, carrots, bell pepper and radish with a chef knife. You can also use the large holes on a box grater.
4. Add vegetables to vinegar mixture and toss well to combine.
5. For best results, allow slaw to marinate in the refrigerator for at least one hour and toss to redistribute the vinegar mixture before serving.

Nutrition Facts: 85 calories, 7g fat, 1g saturated fat, 6g carb, 1g protein, 82 mg sodium, 2g fiber

Eating a variety of vegetables is important to make sure you get all of the micronutrients your body needs to run efficiently – a good goal to work on is to try eating a vegetable in every color each day. This coleslaw recipe not only has less saturated fat, added sugar and sodium than a traditional slaw, but also helps you “eat a rainbow” of color!

Prairie Ridge

HEALTH

Inspired by you