



Lite Summer Coleslaw

"Easy to make and modify to your taste buds, this dish will be a great side at any summer event. Try adding a few other fresh vegetables for a different flavor."

Prep Time 15 m

Ready in 2 h

Serves 8

Calories per serving 90

Ingredients

- ½ head red cabbage, medium
- ½ head green cabbage, large
- ½ yellow onion, large
- 2 tbsp mayonnaise
- 2 tbsp mustard
- 2 tbsp oil, olive
- 2 tbsp vinegar
- salt and pepper to taste

Directions

1. Shred the cabbages and onion. Mix together. Too much red cabbage will over-power the look of the dish, but it won't change the flavor. You can also shred carrots, peppers, and other vegetables to change up the coleslaw
2. Mix 2 tbsp of mayo, mustard, oil, and vinegar. Feel free to experiment with different varieties of these, but make sure to follow the rule of 2s to keep your sauce light.
3. Mix shredded vegetables and liquids in a large bowl until evenly distributed. Salt and pepper to taste.
4. Place in fridge until ready to serve.

Footnotes

Chef's Tip

- Preparing about a day ahead allows ample time for the flavors to work through the cabbage. At minimum wait 2 hours before serving.

Nutrition Facts

Per Serving: 90 calories; 6.2 g fat; 5.6 g carbohydrates; 1.8 g protein; 1.4 mg cholesterol; 90 mg sodium.