

RECIPE



COLESLAW

INGREDIENTS:

for slaw:

1/2		medium head of savoy cabbage, outer leaves removed and shredded
2	lg	carrots, peeled and shredded
1	sm	red onion, thinly sliced
3		scallions, thinly sliced

for dressing:

1/2	cup	mayonnaise
2	tsp	whole grain mustard
1	tsp	honey
1	tsp	rice wine vinegar
		salt and pepper, to taste

DIRECTIONS:

Start by removing the outer darker green layers of the savoy cabbage head and discard. Cut the cabbage in half and using a pairing knife remove the core by scoring each side on a diagonal. Shred the cabbage to a thickness of your liking and set aside. Next peel and shred the carrots and thinly slice the red onion and scallions and set aside.

Using a large mixing bowl begin to make the dressing by adding the mayonnaise, whole grain mustard and honey to the bottom of the bowl. Whisk together until the honey is incorporated into the mayo and mustard. Then add in the rice wine vinegar and salt and pepper to taste. Whisk all ingredients together to combine well. Then add in all the chopped vegetables and toss well so that the dressing is distributed well throughout.

Cover and refrigerate for 2 hours or up to overnight.

Serves: 4-6

