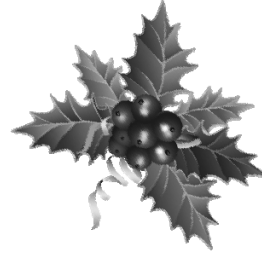


## Confetti Coleslaw

*This can be made a day or two ahead of time.*

1 medium head cabbage, shredded or chopped (*I like it finely shredded, using the grater blade of the food processor.*)  
1 green pepper, chopped  
½ red onion, chopped  
½ c. + 1 Tbsp. sugar (or Splenda)  
1 tsp. dry mustard  
½ to 1 tsp. celery seed  
½ tsp. salt  
¼ c. oil  
¾ c. vinegar



1. Mix cabbage, green pepper, and onion.
2. Sprinkle ½ c. sugar (or Splenda) over cabbage mix.
3. Bring to boil the 1 Tbsp. sugar, dry mustard, celery seed, salt, oil, and vinegar.
4. While hot, pour over cabbage mixture.
5. Refrigerate overnight, stirring several times. Will last 2 weeks in refrigerator.

Yield: 12 servings (1/2 cup)

Nutritional Information: Per serving:

Calories: 84 (*74 w/Splenda*)

Total Fat: 2.5 g

Cholesterol: 0 mg

Carbohydrates: 14.5 g (*7.3 w/Splenda*)

Fiber: 2 g

Protein: 1 g

Sodium: 110 mg

*From my hometown church recipe book with a few changes to make it healthier.*