

Confetti Coleslaw

Yield: 10 to 12 ½-cup servings | Prep: 15 mins.
Ready In: 8 hours (best chilled overnight)

What you need:

- 1 medium head of cabbage, shredded or chopped (I like it finely shredded, using the grater blade of the food processor.)
- 1 green pepper, chopped
- 1/2 red onion, chopped
- 1/3 cup + 1 tablespoon sugar (or Splenda)
- 1 teaspoon dry mustard
- 1/2 to 1 teaspoon celery seeds
- 1/2 teaspoon salt
- 1/4 cup canola oil
- 3/4 cup vinegar (distilled or apple cider vinegar will work)



Patricia Partain
MS, RDN, LDN

Dietitian at
CHI Memorial

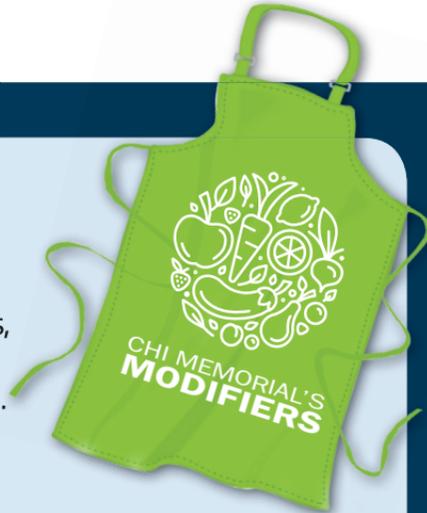
What you do:

1. Toss cabbage, green pepper, and onion together in large bowl.
2. Sprinkle 1/3 cup sugar (or Splenda) over cabbage mix.
3. Bring to boil the 1 tablespoon of sugar, dry mustard, celery seeds, salt, oil, and vinegar.
4. While hot, pour over cabbage mixture and gently stir to mix well.
5. Refrigerate overnight, stirring several times. Will last 2 weeks in refrigerator.

Why we love it:

Who doesn't love coleslaw? It's cold, it's crunchy, it's slightly sweet, and it goes with just about anything! In recent years, the creamy sweet cabbage and carrot mixture has given way to an endless offering of coleslaw varieties, including ethnic twists, such as Tex-Mex, Oriental, Caribbean or Thai. Dressings have dropped the mayonnaise base for citrus, oil and vinegar, poppy seed, buttermilk or yogurt mixtures. Slaw "salad" ingredients have exploded to include an endless list: peppers (all colors and hotness), jicama, kale, apple, pineapple, mango, dried cranberries, oranges, almonds, walnuts, peanuts, sesame seeds, poppy seeds, sunflower seeds, pumpkin seeds, fresh cilantro, parsley and dill, lemon and orange zest, lime, orange or lemon juice, cumin, honey, horseradish, and on and on! The cook's creativity is the only limiting factor!

Try this simple vinegar and oil version to begin experimenting with slaw recipes.



 **CHI Memorial**

Proud Sponsor of
 **Taste of Home**