



Coleslaw

“Fresh coleslaw is actually a pretty good side dish to accompany a meal, not hard to make and the cabbage, which is a main ingredient, is wonderful for good digestion. You only need to cut stuff up, mix it together, and then let it sit in the refrigerator for an hour.” – Kelly May

Prep Time: 30 min Cook Time: 1 hour

Ready In: 1 hour 30 min

Serving Size: 4 servings

Ingredients

- ✓ ¼ cup sour cream
- ✓ 2 tablespoons mayonnaise or salad dressing
- ✓ 1 ½ teaspoons sugar
- ✓ 1 teaspoon lemon juice
- ✓ 1 teaspoon Dijon Mustard
- ✓ ¼ teaspoon celery seed
- ✓ 1/8 teaspoon pepper
- ✓ ¼ of a medium head of cabbage
- ✓ ½ of a small carrot
- ✓ ½ of a small onion

Directions

1. Mix the sour cream, mayonnaise, sugar, lemon juice, mustard, celery seed and pepper in the small bowl.
2. Place a flat side of the ¼ head of cabbage on a cutting board, and cut off the core. Cut the cabbage into thin slices with a large sharp knife. Cut the slices several times to make smaller pieces. You should have about 2 cups.
3. Peel and shred the carrot. Peel and chop the onion.
4. Place the cabbage, carrot and onion in the medium bowl. Pour in sour cream mixture, and mix with a large spoon until the vegetables are evenly coated with the dressing.
5. Cover and refrigerate the coleslaw at least 1 hour to blend flavors. Cover and refrigerate and remaining coleslaw.

Nutrition

Amount per serving

- ❖ Calories: 115
- ❖ Total Fat: 9 g
- ❖ Total Carbs: 7 g
- ❖ Protein: 2 g
- ❖ Cholesterol: 15 mg
- ❖ Sodium: 75 mg