

Coleslaw

This coleslaw will keep for one week in the refrigerator. After one day, it will become softer and more mellow tasting.



Vegetarian



30 mins or less



No-cook



PREP TIME
12 min



COOK TIME
0 min



SERVINGS
10

Ingredients

- 1 small green or red cabbage, shredded
- 500 mL (2 cups) carrots, grated
- 1 large onion, finely chopped
- 60 mL (¼ cup) vegetable oil
- 60 mL (¼ cup) vinegar
- Pepper to taste

Directions

1. Combine cabbage, carrots and onion in a large bowl. Set aside.
2. Mix oil and vinegar in a small bowl. Add pepper to taste.
3. Pour oil and vinegar over cabbage mixture. Mix well. Cover and refrigerate. Toss gently, just before serving.

Tips

- ✓ This recipe makes a **big batch**. Serve this on the side when feeding a large group. Refrigerate extras for later.
- ✓ For **variety**, add apples or chickpeas.
- ✓ Cabbage can be **shredded** using a box grater, hand grater, food processor or cut with a knife.
- ✓ Cabbage is very **versatile** and can be added to other dishes! Add any leftover cabbage to soups, stews and stir-fry's for extra flavour and texture.

Adapted with permission from *The Basic Shelf Cookbook*, published by the Canadian Public Health Association.



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