



Must try Homemade Coleslaw

This coleslaw is quick and easy to make and is very versatile to add veggies into meals and sandwiches. Its base is red cabbage which has double the iron of green cabbage. Iron delivers oxygen to your cells, which helps your muscles perform well during exercise and general day-to-day activities. It has apple cider vinegar and mustard and no sugar like some coleslaws. Ideal as a side dish or in sandwiches. I had it with spicy chicken and in cheese sandwiches. Apple cider vinegar and mustard can help prevent cramping.

Serves: 2, Prep time: 00:25, Cook time: 00:00

Instructions

Quarter the cabbage through the core, and then cut out the core. Cut each quarter crosswise in half and finely shred. Place the shredded cabbage in a very large bowl.

Add the shredded carrot and parsley to the cabbage and toss to mix.

In a separate bowl, stir the mayonnaise, vinegar, mustard, celery seeds, salt, and pepper together. Taste for acidity and seasoning, then adjust as desired. If the dressing tastes too tart and you prefer a sweeter coleslaw, stir in the optional sugar.

Ingredients

- 1 Red cabbage, medium sized
- 3 Carrot, Medium peeled and shredded
- 0.5 cups Parsley, raw, Fresh, coarsely chopped
- 1 cups Dressing, Mayonnaise
- 2 tablespoon Apple cider vinegar
- 2 tablespoon Dijon mustard or English Mustard
- 0.25 teaspoon Sea Salt, or to taste
- 0.25 teaspoon Black pepper, ground, or to taste
- 1 teaspoon Celery seeds, Optional

Pour two-thirds of the dressing over the cabbage and carrot then mix well. (Clean hands are the quickest tool).

If the coleslaw seems dry, add a little more of the dressing. Eat right away or let it sit in the refrigerator for about an hour to let the flavors mingle and the cabbage to soften.

Note: The dressing is amazing so you can make extra for salad dressing.

This recipe is based on a coleslaw from inspiredtaste.net.

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Nutrition per serving: Calories 183, Protein 2g, Carbohydrate 7g, Dietary Fiber 3g, Total Sugars 4g, Total Fat 17g, Saturated Fat 3g, Cholesterol 9mg