

Come Cook with Us - Fall 2022

Colorful Coleslaw w/Sweet & Sour Dressing

Portions: 12

Serving size: 1 cup

Preparation Time: 20 minutes

Cooking Time: 0 minute

Total Time: 20 minutes

Ingredients:

Salad:

- 1 head cabbage, green or purple, grated
- 6 carrots, washed and grated (leave on the peel)

Dressing:

- 1 tbsp oil olive / canola
- 1 tbsp apple cider or rice vinegar
- 1 tbsp maple syrup or honey
- 1 tbsp low sodium soy sauce or alternative (coconut or Bragg's aminos)

Instructions:

1. Combine all dressing ingredients in the bottom of the salad bowl and whisk together with a fork
2. Add shredded cabbage and carrots, then toss to combine

**This salad marinades in the fridge with time and the taste gets better and better each day, as the cabbage and carrot become more pickled in the dressing*

Recipe by Dani Renouf, RD from [4 Elements Nutrition](#).

