

Cole Slaw with Honey Vinegar Dressing

Ingredients:

1/2 head cabbage
 1/2 head red cabbage
 1 small onion
 1 carrot
 1 bell pepper
 2 tablespoons honey
 1 tablespoon vegetable oil
 1 1/2 tablespoons vinegar
 1/2 teaspoon pepper

Equipment:

Cutting Board
 Knife
 Grater
 Medium bowl
 Small bowl
 Measuring spoons
 Measuring cups
 Mixing spoon

Number of Servings: 8
 Preparation Time: 20 minutes
 Total time: 1 1/2 hours

Directions

1. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Cut in half, through the core. Lay the half on the flat side, and cut in half again, through the core. Lay the quarter on a flat side and cut out the white core center. Slice thin layers of cabbage off the quarter until all cut up. Cut up the remaining quarter the same way. Save the other half for other uses. Add cabbage to large salad bowl. Prepare red cabbage the same way as cabbage. Save other half for other uses. Add red cabbage to bowl.
2. Remove outer layers of onion then slice in half. Place the flat side down and slice across the onion keeping onion together. Turn and slice across to chop. Add to the bowl.
3. Wash carrot. Use a grater to shred into small pieces, add to bowl.
4. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices. Add to bowl.
5. To make a dressing, mix together honey, vinegar, vegetable oil and pepper in small bowl, stir well. Pour over shredded cabbage, onion, carrot and bell pepper to bowl and stir well. Cover and refrigerate until chilled.

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Nutrition Facts

Serving Size: 1 cups	
Servings: 8	
Amount Per Serving	
Calories 48	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat trace 1g	1%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Protein 1g	1%
Vitamin A 53%	Vitamin C 33%
Iron 2%	Calcium 1%
*Percent Daily Values are based on a 2,000 calorie diet.	

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