

Crunchy Coleslaw



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| Cabbage, chopped thinly | 1 ½ cups |
| Carrot, match sticks, sliced thinly | 1 whole |
| Apple, sliced thinly | 1 |
| Red pepper, sliced | ½ |
| Oil | ¼ cup |
| Lemon juice | 2 tablespoons |
| Mustard, Dijon is best | 1 tablespoon |
| Garlic, chopped finely | 1 clove (or ¼ tsp garlic powder) |
| Salt & pepper | ¼ teaspoon of each |

Directions:

1. Remove outer leaves off cabbage. Wash. Chop 1 ½ cups finely and put in a large bowl.
2. Wash and peel carrot, apple and red pepper. Slice into thin strips. (fun tip: use a vegetable peeler on the carrot to make thin strips that can be added to the bowl.)
3. In a separate small bowl, add oil, lemon juice, mustard, chopped garlic, salt and pepper and mix well. Add this dressing to cabbage and vegetable mixture. Allow to sit in the fridge for 30 minutes before serving to help the dressing marinate the vegetables. You can re-toss before serving.

Makes 2 ½ cups

