



Coleslaw



Ingredients (Serves 6)

- 1 tablespoon Dijon mustard
- 3 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/2 cup extra virgin olive oil
- 1 small red onion, sliced very thin
- 1/2 cup red wine vinegar
- 1/2 green cabbage, cored and remove outer leaves, then slice very thin
- 1/4 cup chopped parsley
- 2 jalapeño chiles, cut in half lengthwise and sliced crosswise
- 1/2 cup chopped cilantro
- 1/2 teaspoon salt

Directions

1. Mix the Dijon, red wine vinegar, and salt in a small bowl.
2. Whisk in the olive oil and set aside.
3. In a small bowl, cover sliced onions with red wine vinegar, allowing to macerate for 5 minutes.
4. Drain off the vinegar and discard. Add onions to a medium mixing bowl along with cabbage, parsley, jalapeños, cilantro, salt, and enough vinaigrette to moisten.
5. Combine all ingredients and adjust seasoning.

NUTRITION FACTS

Serving per recipe 6

Amount per serving

Calories: 190

Total fat: 19g

Saturated fat: 2.5g

Cholesterol: 0mg

Sodium: 440mg

Total carbohydrate: 7g

Dietary fiber: 2g

Total sugars: 3g

Protein: 1g