

Tri Coloured Coleslaw

Yield 4

Salad Ingredients:

- $\frac{1}{4}$ medium head green cabbage, shredded
- $\frac{1}{4}$ medium head red cabbage, shredded
- 1 carrot, shredded – *with grater*
- 2 green onions, diced
- 25 ml chopped parsley

1. Wash and peel carrot. Peel outer leaves of cabbage. Use the grater to shred the cabbage into a medium metal bowl. *OR shred with knife*
2. Mix with dressing of choice (recipes below) and set in the fridge. Stirring coleslaw a few times before serving.

Creamy Dressing

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|-------------------|----------------------------------|
| 20 ml milk | 20 ml buttermilk (or sour cream) |
| 40 ml mayonnaise | 25 ml sugar |
| 10 ml lemon juice | 5 ml vinegar |
| | f. g salt and pepper |

1. Combine ingredients in jar or small bowl.
2. Shake or stir well.

Sweet n' Sour Dressing

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|------------------------|---------------------------|
| 50 ml white sugar | 50 ml apple cider vinegar |
| | 75 ml Olive oil |
| 1 garlic clove, minced | 15 ml soya sauce |
| | 1 ml ginger |

1. Combine ingredients in jar or small bowl.
2. Shake or stir well.