

Beans, Rice And Everything Nice

Jewel Coloured Red Cabbage Slaw



original recipe by beansriceeverythingnice.weebly.com

Jewel Coloured Red Cabbage Slaw

serves 4 – 6

1/4 of a medium or 1/2 small red cabbage, shredded

2 large carrots, peeled and shredded

1 red pepper, thinly sliced

1/2 bunch parsley, minced

Shred the vegetables either by hand or in a food processor. Place in a large mixing bowl.

Sweet Mustard Dressing

makes 1 cup

1/4 cup Dijon mustard

1/3 cup apple juice concentrate

1/2 teaspoon caraway seeds (optional)

1/2 teaspoon celery seeds (optional)

1/2 teaspoon garlic powder (optional)

In a small bowl, whisk together the dressing ingredients. Pour the dressing over the shredded vegetables and mix thoroughly with a fork.