

COLESLAW (SERVES 8)

INGREDIENTS:

½ cup mayonnaise

¼ cup plain yogurt or sour
cream

Optional: 1 teaspoon mustard

2 tablespoons cider vinegar (or
lemon or lime juice)

½ teaspoon salt

Optional: pinch of sugar

Pepper

1 small to medium cabbage
(about 2 pounds)

Optional: 1 medium carrot

TIPS:

- If desired, allow coleslaw to sit for 15 to 30 minutes before serving, to help the flavors combine and to soften the cabbage.
- Can be made several hours or up to a day in advance and covered and chilled until use.
- Can be made with any kind of cabbage, or with a combination of cabbages.

DIRECTIONS:

1. Make dressing: in a large bowl, combine the mayonnaise, yogurt, mustard (if using), vinegar, salt, sugar, and pepper, to taste.
2. Wash cabbage. Cut cabbage into 4 wedges and cut out the core. Thinly slice the cabbage. (Or, if you prefer, you can grate the cabbage.) Place cabbage in the bowl with the dressing.
3. If using, wash the carrot. Cut off the top and bottom and any damaged pieces. Do not peel unless necessary. Grate the carrot and add to the bowl with the dressing and cabbage.
4. Toss to combine.