



Coleslaw

You'll Need: A large bowl, a small bowl and a large mixing spoon

Preparation Time: 15 minutes

Ingredients	Amount for four
Small cabbage, shredded	1
Grated Carrots	2 cups
Large onion, finely chopped	1
Vegetable oil	$\frac{1}{4}$ cup
Vinegar	$\frac{1}{4}$ cup

Method:

Step 1: Combine cabbage, carrots and onion in a large bowl. Set aside.

Step 2: Mix oil and vinegar in a small bowl. Add salt and pepper to taste

Step 3: Pour oil and vinegar over cabbage mixture. Mix well.

Step 4: Cover and refrigerate.

Step 5: Just before serving, stir gently.

Nutrients per serving

Calories: 100 kcals

Fat: 6.0 g

Carbohydrates: 10 g

Protein: 2.0 g

Sodium: 30mg

Fiber: 3.0 g

Nutrition Fun Facts

- The carrots in this recipe make it an excellent source of vitamin A. Canada's Food guide recommends eating one orange vegetable a day.
- The cabbage in this recipe makes it a good source of vitamin C. Canada's Food Guide recommends choosing leafy greens most often as these vegetables are high in nutrients.