



Healthy Tri-Color Coleslaw

© 2020 by Lois Ellen Frank, Ph.D.
All Rights Reserved

This dish is fun to prepare and makes a healthy side dish, salad, or a topping for stews. Kale gives it additional color, as well as a nutritional boost. There's a special trick to soften the kale and make it easier to eat!

Ingredients

Coleslaw

- **2 cups thinly shredded red cabbage**
- **2 cups thinly shredded white cabbage**
- **2 cups kale, stems removed and finely chopped**
- **1 cup grated carrots**
- **1-2 Tablespoons Apple Cider Vinegar to taste**
- **1 teaspoon kosher salt (or to taste)**

Salad Dressing

- **3 tablespoons Raspberry Jam (low sugar)**
- **1 teaspoon Dijon Mustard, smooth**
- **3 Tablespoons Balsamic Vinegar**
- **3-4 Tablespoons water**

Garnish

- **1/4 cup toasted pumpkin or sunflower seeds**

Directions

1. Combine shredded red cabbage, green cabbage, kale, and carrots.
2. Pour a little of the apple cider vinegar over the vegetables with the salt and toss. Let sit for approximately 5 to 10 minutes to marinate and soften the kale.

(Continues on next page.)



(Healthy Tri-Color Coleslaw continued.)

3. Mix the dressing ingredients in a small bowl, slowly adding the water until you get the desired consistency. Once completely mixed, pour over cabbage mixture and toss together well.
4. Garnish with the pumpkin or sunflower seeds.

Serve immediately or refrigerate until needed.

12-14 servings