



JONES VALLEY TEACHING FARM

FRESH COLESLAW

MAKES: about 4 cups of coleslaw

INGREDIENTS:

- ⇒ 3 cups green cabbage, chopped
- ⇒ $\frac{3}{4}$ cup carrots, shredded
- ⇒ $\frac{1}{2}$ cup mayonnaise
- ⇒ 1 Tbsp. sugar
- ⇒ 1 $\frac{1}{2}$ Tbsp. vinegar (white vinegar, apple cider vinegar – your choice!)
- ⇒ 1 $\frac{1}{2}$ Tbsp. lemon juice
- ⇒ $\frac{1}{2}$ tsp. celery seed
- ⇒ $\frac{1}{2}$ tsp. salt
- ⇒ Pepper, to taste

INSTRUCTIONS:

1. Begin by cutting the core off the green cabbage. Quarter the rest of the cabbage, then chop into small pieces.
2. Next, shred the carrots using a grater. Once complete, combine cabbage and carrots in a bowl.
3. In a separate bowl or measuring cup, combine the rest of the ingredients (mayonnaise, sugar, vinegar, lemon juice, celery seed, salt, and pepper) to make the dressing. Mix together thoroughly until smooth and creamy.
4. Finally, add the dressing to cabbage and carrot mixture. Mix together until well combined.
5. Cover and place in the fridge overnight (or at the very least 1-2 hours) to allow the flavors to meld together. Enjoy!

This recipe works great as a topping for “BBQ Sweet Potato Sandwiches!”



