

Long Livo

Coleslaw – Simple Quick Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Side Dish** Course

Ingredients

Main Ingredients

- [ ] 4 cups green cabbage, finely shredded
- [ ] 1 cup carrots, grated
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 tbsp fresh parsley, chopped

Dressing

- [ ] 3 tbsp apple cider vinegar
- [ ] 2 tbsp lemon juice
- [ ] 1 tbsp honey
- [ ] 3 tbsp olive oil
- [ ] 1 tsp Dijon mustard
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

Instructions

1. In a large bowl, combine the shredded cabbage, grated carrots, and sliced red onion.
2. In a separate bowl, whisk together apple cider vinegar, lemon juice, honey, olive oil, Dijon mustard, salt, and pepper until emulsified.
3. Pour the dressing over the vegetables, toss gently, and let sit for 5 minutes so the flavors begin to meld.
4. Add chopped parsley, give one final toss, and taste for seasoning; adjust salt or honey as needed.
5. Transfer to a serving bowl and refrigerate for another 10 minutes if you prefer a cooler, crisper bite.

Nutrition per serving

120 kcal	2 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit more zest, add a pinch of grated ginger to the dressing.
- For a creamy version, stir in 2 tbsp plain yogurt after the slaw has rested.
- Remember to dry the cabbage well; excess moisture can make the slaw wilt.