

Cole Slaw

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

Servings: 6

*4 cups shredded cabbage
3 shredded carrots
chopped green onion (to
taste)*

DRESSING

*3 tablespoons Safflower
3 tablespoons lemon juice
3 tablespoons sugar
1/4 teaspoon salt*

In a bowl, mix the cabbage, carrots and green onion.

In another bowl, mix the safflower, lemon juice, sugar and salt. Place the dressing in a container with a tight lid. Shake well.

Pour over the cabbage mixture and toss.

Per Serving (excluding unknown items): 51 Calories; trace Fat (2.8% calories from fat); 1g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 108mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1/2 Other Carbohydrates.