

HoneyLime Coleslaw

*Emily Tyra, Traverse City, MI
Taste of Home Grandma's Favorites*

Servings: 8

*1 1/2 teaspoons grated lime
zest
1/4 cup lime juice
2 tablespoons honey
1 clove garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon crushed red
pepper flakes
3 tablespoons canola oil
1 small head (about 3/4 lb)
red cabbage shredded
1 cup (2 medium) carrots,
shredded
2 green onions, thinly sliced
1/2 cup fresh cilantro leaves*

Preparation Time: 20 minutes

In a bowl, whisk together the lime zest, lime juice, honey, garlic, salt, pepper and crushed red pepper until smooth. Gradually whisk in the oil until blended.

In a bowl, combine the cabbage, carrots and green onions. Toss with the lime mixture to lightly coat.

Refrigerate, covered, for two hours.

Sprinkle with fresh cilantro.

Per Serving (excluding unknown items): 69 Calories; 5g Fat (63.3% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 138mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.