
Polish Coleslaw

Dawn Perpetua - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 medium head cabbage, shredded
1 medium onion, sliced thin
1 small green pepper
1 carrot, grated
1/2 cup sugar
1 cup white vinegar
1 1/2 teaspoons salt
1/2 teaspoon garlic
1 teaspoon dry mustard
1 teaspoon celery seed
3/4 cup salad oil

In a large bowl, combine the cabbage, onion, green pepper and carrot. Sprinkle with 1/2 cup of sugar. Let stand for one hour.

In a saucepan, boil the white vinegar, salt, garlic, dry mustard, celery seed and salad oil. Pour the hot mixture over the greens. Mix well.

Refrigerate until serving.

Salads

Per Serving (excluding unknown items): 2010 Calories; 165g Fat (71.2% calories from fat); 5g Protein; 145g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 3252mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 1/2 Vegetable; 33 Fat; 7 1/2 Other Carbohydrates.