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Homemade Coleslaw

A side salad to suit all tastes

Here's a popular addition to salad which is easy to make and low cost. The ingredients can be changed to suit individual tastes. We often vary our coleslaw for a bit of variety, and depending on what we are having it with. Other interesting ingredients can be grated beetroot, grated turnip, grated pumpkin and thinly sliced spring onions; just make sure the vegetables are washed, peeled where necessary, and uncooked. For those who don't like Mayonnaise, there's no reason why light sour cream or yoghurt couldn't be used. Coleslaw can be prepared in advance and stored in the fridge until required. A tip, though: make sure it is in an airtight container, otherwise the smell of onions will invade the fridge.

2 cups chopped cabbage

½ stick grated celery

3/4 cup grated carrot

1/4 cup finely chopped onion

2 grated gherkins

1 Tbsp Mayonnaise



Chop the cabbage into small pieces about ½ cm x 2½ cm (¼ inch x 1 inch). Along with the onion, this makes for a crunchy texture. If you prefer, you can thinly slice both. Mix all of the vegetables together in a bowl, add the Mayonnaise, then toss to coat.

Serving up to 4

Keeps 2 or 3 days in the fridge; but is NOT for Freezing!

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