

No Mayo Coleslaw

Unlike its creamy counterparts, this no mayo coleslaw recipe does not contain mayonnaise. While this easy-going version is wonderful with Tex-Mex-style BBQ, it is also delicious with grilled burgers, chicken wings and other picnic or potluck favourites.

For best results, soak the red onion in a mixture of 1 part water to 1 part vinegar for 10-15 minutes before use to tame the strong flavor and reduce odour. In addition, tough kale leaves can be tenderised by rubbing them with some olive oil for a few minutes.

Ingredients:

1 head green cabbage, cored and thinly sliced
1 small or $\frac{1}{2}$ medium red onion, thinly sliced
1 small white onion, thinly sliced
3 large carrots, grated
4 large kale leaves, stalk removed and cut into thin ribbons
salt and pepper, to taste
 $\frac{3}{4}$ c. apple cider vinegar
 $\frac{1}{2}$ c. white sugar
 $\frac{1}{2}$ c. vegetable oil
1 T. Dijon mustard
2 t. celery seeds

Directions:

Add the cabbage, red onion, white onion, carrots and kale leaves to a large glass bowl and toss to combine. Season with salt and pepper and set aside.

Add the vinegar and sugar to a small saucepan set to medium-high heat. Stir the mixture until the sugar thoroughly

dissolves. Remove from heat and whisk in the vegetable oil, mustard and celery seeds. While still warm, pour over the cabbage mixture and toss to combine thoroughly.

Cover with plastic wrap and chill in the refrigerator for a couple hours before serving. If desired, season with additional salt and pepper before serving.