

Rainbow Coleslaw Salad, shared by Rachel Joseph. Recipe adapted/inspired by Love & Lemons.

Enjoy this easy to make and nutritious salad.

Apple Cider Vinegar Dressing Ingredients

¼ cup apple cider vinegar
1 teaspoon honey or maple syrup
1 chopped garlic clove
¼ teaspoon Dijon mustard
¼ cup olive oil
¼ teaspoon salt
Black pepper, to taste

Veggie Ingredients

4 cups shredded green cabbage
2 cups shredded red cabbage
2 carrots, sliced or shredded
2 chopped scallions

Topping Ingredients

¼ cup sunflower seeds (or walnuts, cashews, almonds)
1 tablespoon chopped parsley

Instructions

Whisk all of the dressing ingredients in a large bowl. Add the veggies and toss to combine. Chill for about 15 minutes and then sprinkle with seeds or nuts and parsley.