

Cool Coleslaw with Nuts

Courtesy of Carole's Creations

Prep Time: 15-20 minutes

Serves: 10 plus ½ cup servings

CChints: Save time by purchasing ready to use coleslaw mix in the produce section of your supermarket. If you don't like an onion flavor in your coleslaw, only use the green parts of the onions. Pecans can be found on the potato chip isle and Pine Nuts can be found with the Asian foods in your supermarket.



Cabbage tends to wilt when it mixes with the dressing so you don't need to add any more mayonnaise. Let it sit a few minutes and it will become more moisture. Also, you don't want to use very much salt, because the salt will also draw the moisture out of the cabbage. If you want like more salt, add it at the table when you are serving the slaw.

Slaw Mix:

16 ounce bag prepared Coleslaw mix
1/2 cup chopped pecans or whole pine nuts
1 stalk celery, diced
1/4 cup green onion, green and white parts, chopped
1/2 cup shredded carrot
1 cup golden raisins
optional: 1/2 cup chopped green bell pepper

Dressing:

2/3 cup reduced-fat or light Mayonnaise
2 Tablespoon honey
1-1/3 tsp prepared yellow mustard
1/2 teaspoon salt
1/4 teaspoon pepper

This recipe can be made hours ahead or if you are making a day ahead, do not mix the dressing into the slaw until ready to serve.

In a large bowl with an air-tight seal, combine the slaw mix through bell pepper. Mix well and seal the bowl. In a separate bowl that also can be sealed, combine the mayonnaise through the mustard and blend well. Seal this bowl and refrigerate both bowls until ready to serve.

Just before serving add the dressing mixture to the slaw mixture and blend well. Add salt and pepper to taste and serve. Any leftovers can be stored in an air-tight container for 4-5 days.

This slaw is great as a side dish to any BBQ dinner, or as a topping for a pulled pork sandwich.

Slaw Options:

- Apple Slaw - Just before serving, peel, core and dice 3 Gala or Fuji Apples.
- Mandarin Orange Slaw – Add an 11 ounce can of mandarin oranges, drained.
- Cranberry Slaw – 1 cup dried cranberries can be added to the slaw mix. This is a nice side dish to serve at Thanksgiving with leftover turkey.