

Cole Slaw with Buttermilk Peanut Dressing

Adapted from a recipe at Our House South County Cooking School (now closed)

Original recipe came from Blackberry Farm in Walland, Tennessee



Servings: 6

Nutrition info is incorrect because you don't use all the dressing.

1. DRESSING: In a medium bowl whisk mayonnaise, buttermilk and peanut oil together. Stir in both vinegars, honey, onion powder, salt, pepper and peanuts. Add milk to mixture if dressing is too thick - it should be thick, but thin enough to pour. Stored in the refrigerator, the dressing will keep for about 5 days.
2. SALAD: In a large bowl combine the sliced or shredded cabbage, drained pineapple, cilantro and seasonings. Add dressing and toss until thoroughly mixed. Taste and add more dressing if needed. Serve or refrigerate. May be made several hours ahead. May garnish with additional chopped peanuts and cilantro, if desired.

DRESSING:

- 3/4 cup mayonnaise
- 1 cup buttermilk
- 1/4 cup peanut oil
- 1/4 cup apple cider vinegar
- 1 tablespoon seasoned rice vinegar
- 2 tablespoons honey, or agave nectar
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup peanuts, raw or roasted, salted

COLE SLAW:

- 1 whole cabbage, thinly sliced
 - 1/2 cup crushed pineapple, drained
 - 1/2 cup cilantro, chopped
 - salt and pepper, to taste
 - 2/3 cup dressing from above
- Serving Ideas: The dressing may also be made for a green salad (more lettuces than vegetables) and garnished with diced honeydew melon and a copious amount of blackberries.*

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 479 Calories; 45g Fat (78.9% calories from fat); 9g Protein; 18g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 369mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 1/2 Fat; 1/2 Other Carbohydrates.