Sweet Cabbage Slaw with Green Onions and Parsley

Adapted from Kalyn's Kitchen (from Kalyn's sister, Val)



An EASY herby slaw with a nicely sweet dressing.

1/2 head cabbage, green, about 6 cups, thinly sliced

1/2 head red cabbage, about 6 cups, thinly sliced

3/4 cup parlsey, chopped

1 cup green onion, thinly sliced

1/2 cup canola oil

1/2 cup white balsamic vinegar

2/3 cup sugar, rounded, or Splenda (or more to taste)

about 1 tsp salt and 3/4 tsp freshly ground black pepper

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

Servings: 8

Kalyn's recipe included just green cabbage - I prefer to mix them, and I make a larger batch. The slaw will keep for a day, maybe, but it gets soggy. So make just as much as you'll eat at each serving. I also reduced the sugar (Splenda) a little bit. Kalyn's recipe uses twice as much sugar as oil or vinegar (1/2 cup sugar to 1/4 cup oil).

1. Remove core from cabbage if you've cut that deep into it. Thinly slice the cabbage, then cut crosswise into about 1-inch strips. You'll have about 10-12 cups. Chop up the parsley and green onions and add to the cabbage.
2. In a small bottle combine the dressing (oil, vinegar, sugar, salt and pepper). Shake well and pour over the cabbage just before serving, adding just enough dressing as needed. You may or may not use all the dressing. Taste for seasonings and add salt or pepper if needed.

Per Serving (excluding unknown items): 202 Calories; 14g Fat (58.9% calories from fat); trace Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.