

# Red Cabbage Salad

Also Known As

Coleslaw

Course

Salad

Yield

4 servings

Type of Food

Main Ingredient

## Comments

Inspired by Vidal Sassoon.

Prep Time 1.5 hours

Cooking Time

Ethnic Origin American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat?  Yes

Temperature

Grease Pan?  Yes

Measure

Ingredient

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Ingredient

1 lb.	red cabbage (6 cups shredded)
.66 cup	plain nonfat yogurt
.33 cup	cider vinegar
3 Tbs.	reduced fat mayo
1.5 tsp.	sugar
.75 tsp.	salt
.25 tsp.	celery seed
4	carrots, shredded
3	scallions, cut into 3" julienne strips
2	granny Smith apples, cored, quartered, and cut into strips
.25 cup	snipped fresh dill

## Instructions

1. In a large serving bowl, whisk together the yogurt, vinegar, mayo, sugar, salt, and celery seed.
2. Add the cabbage, carrots, scallions, apples and dill and toss well.
3. Cover with plastic wrap and refrigerate until chilled, about 1 hour.

You can prepare coleslaw up to a day ahead.

Green cabbage will work as well as red.