

ZIPPY COLESLAW

Featured in the class "Sensible Sides," this simple coleslaw has a secret ingredient in the dressing that makes it - well, zippy!

Recipe adapted by Peggy Crum, MA, RD from Cole Slaw recipe in Robot Coupe Recipe Booklet, 1981

Featured Food: Cabbage

Yield: serves 4 to 6

Ingredients

1 pound green cabbage	1/4 t. salt
1 medium carrot	Freshly ground black pepper to taste
1/2 small onion	1/2 c mayonnaise
1 T white vinegar, more to taste	1 to 2 T fresh ground horseradish
1 T vegetable oil	2 to 3 T plain yogurt
1 to 2 t sugar	

Preparation

Shred cabbage and carrot using food processor or box grater. Transfer shredded vegetables to large bowl.

Place remaining ingredients into the bowl of food processor with blade in place. Pulse until dressing is smooth. If not using food processor, mince onion; place in small bowl with remaining ingredients and whisk well.

Pour dressing over vegetables and mix well. Cover and chill until serving time..