

Kale Slaw



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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Serves: 8

Prep: 15 minutos | **Refrigerate:** 30 minutos

INGREDIENTS

- 1/4 cup vinegar
- 3 tablespoons onion, minced
- 1 tablespoon yellow mustard
- 2 tablespoons sugar
- 1 teaspoon salt
- Pinch of black pepper
- 1 1/2 cups vegetable or canola oil
- 1 large bunch kale, chopped
- 8 leaves of red cabbage, chopped

DIRECTIONS

1. In a medium bowl mix vinegar, onion, mustard, sugar, salt and black pepper. Add oil in a thin stream while constantly whisking until all oil has been incorporated.
2. Place kale and cabbage in large bowl. Add vinaigrette from step one. Mix well.
3. Allow slaw to rest for 30 minutes to 1 hour. Slaw will start to wilt as it sits.
4. Using a slotted spoon, place wilted slaw in a serving bowl. Discard extra dressing remaining in bowl (about 1/2 of the original dressing). Serve.



Nutrition Information

Serving Size: 1/8 of recipe

Total calories	223
Total fat	22 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	177 mg
Carbohydrates	7 g
Fiber	1 g
Sugar	3 g
Protein	3 g

Note:

- Add apples, raisins, dried cranberries, nuts, or diced bell pepper for a extra flavor and crunch.

Recipe source: Greater Chicago Food Depository