

# Mango Pepper Slaw



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

Scan for interactive recipe

**Serves:** 8

**Prep:** 15 minutes

## INGREDIENTS

### Slaw:

- ½ large head cabbage, shredded
- 3 carrots, peeled and shredded
- ½ red bell pepper, diced\*
- ½ green bell pepper, diced\*
- 1 mango, peeled and diced
- ½ onion, diced

### Dressing:

- ¼ cup vegetable oil
- ½ cup apple cider vinegar
- ½ teaspoon celery seed\*
- ½ teaspoon salt
- ½ teaspoon dry mustard or 1/2 tablespoon mustard
- ¼ cup sugar

## DIRECTIONS

1. Shred cabbage into a large bowl; toss with shredded carrots, green bell pepper and sweet onion.
2. In saucepan bring to boil vegetable oil, apple cider vinegar, celery seed, salt, dry mustard, and sugar; stir to dissolve sugar. Let cool slightly and then pour over cabbage mixture while still warm. Stir thoroughly, cover and refrigerate until cold or overnight.

### \*Substitutions

Bell peppers	—>	Sweet or spicy pepper of any color
½ teaspoon celery seed	—>	3 teaspoon celery stalks and leaves, finely chopped



## Nutrition Information

*Serving Size: 1/8 of recipe*

<b>Total calories</b>	<b>143</b>
<b>Total fat</b>	<b>7 g</b>
Saturated fat	1.4 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>177 mg</b>
<b>Carbohydrates</b>	<b>20 g</b>
Fiber	3 g
Sugar	16 g
<b>Protein</b>	<b>1.4 g</b>

Recipe source: Greater Chicago Food Depository