Mango Pepper Slaw

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.

*Nutrition Information

<table>
<thead>
<tr>
<th>Serving Size: 1/8 of recipe</th>
<th>Total calories</th>
<th>143</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>7 g</td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1.4 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>177 mg</td>
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</tr>
<tr>
<td>Carbohydrates</td>
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</tr>
<tr>
<td>Fiber</td>
<td>3 g</td>
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</tr>
<tr>
<td>Sugar</td>
<td>16 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1.4 g</td>
<td></td>
</tr>
</tbody>
</table>

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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
⅛ teaspoon celery seed --> 3 teaspoon celery stalks and leaves, finely chopped

Recipe source: Greater Chicago Food Depository