

SPICY GOLDEN SLAW

From the AICR Test Kitchen

http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients

- 8 cups green cabbage (1 small head, about 1 ½ lb.), quartered, cored and shredded
- 1 large green bell pepper, seeded and cut into 2-inch by 1/4-inch strips
- 1 medium carrot, shredded
- ½ medium sweet onion, cut in thin crescents
- ¼ cup white vinegar
- 3 Tbsp. honey
- ½ tsp. ground ginger, or to taste
- ¼ tsp. ground turmeric
- 1/8 tsp. celery seed
- 1 Tbsp. canola oil
- Salt and freshly ground black pepper

Instructions

1. Place the cabbage, pepper, carrot and onion in a large bowl, tossing until they are evenly combined.
2. In a small saucepan, combine the vinegar, honey, ginger, turmeric and celery seed. Over medium heat, bring the mixture to a boil, stirring to dissolve the honey.
3. Remove from heat and mix in the oil.
4. Pour the hot dressing over the vegetables. Toss until they are well combined. Season to taste with salt and pepper and adjust the amount of ginger and celery seed, if desired. (A little ginger goes a long way.)
5. Cover the slaw and refrigerate 4 to 24 hours before serving. (It will become more golden after two or three days.)

Makes 12 servings.

Nutritional information per serving (12 servings)

- Calories: 46
- Total fat: 1g
- Saturated fat: 0g
- Total carbohydrate: 9g
- Dietary fiber: 1g
- Protein: Less than 1g
- Sodium: 1 mg

