

## Coleslaw

**You'll Need:** A large bowl, a small bowl and a large mixing spoon

**Preparation Time:** 15 minutes

| Ingredients                 | Amount for four |
|-----------------------------|-----------------|
| Small cabbage, shredded     | 1               |
| Grated Carrots              | 2 cups          |
| Large onion, finely chopped | 1               |
| Vegetable oil               | ¼ cup           |
| Vinegar                     | ¼ cup           |

### Method:

**Step 1:** Combine cabbage, carrots and onion in a large bowl. Set aside. **Step 2:** Mix oil and vinegar in a small bowl. Add salt and pepper to taste. **Step 3:** Pour oil and vinegar over cabbage mixture. Mix well. **Step 4:** Cover and refrigerate. **Step 5:** Just before serving, stir gently.

### Nutrients per serving

**Calories:** 100 kcals

**Fat:** 6.0 g

**Carbohydrates:** 10 g

**Protein:** 2.0 g

**Sodium:** 30mg

**Fiber:** 3.0 g