



JONES VALLEY TEACHING FARM

SPRING COLESLAW

INGREDIENTS:

- ⇒ 2 cups green cabbage, chopped
- ⇒ ½ cup red cabbage, chopped
- ⇒ ½ cup carrots, shredded
- ⇒ ¼ cup milk
- ⇒ ½ cup mayonnaise
- ⇒ 1 ½ tbsp. apple cider vinegar
- ⇒ ½ tsp. celery seed
- ⇒ ½ tsp. salt
- ⇒ Pepper, to taste

INSTRUCTIONS:

1. Begin by cutting the core off the green cabbage. Quarter the rest of the cabbage, then chop into small pieces. Repeat with red cabbage.
2. Next, shred the carrots using a grater. Once complete, combine green cabbage, red cabbage, and carrots in a bowl.
3. In a separate bowl, combine the rest of the ingredients (milk, mayonnaise, apple cider vinegar, celery seed, salt, and pepper) to make the dressing. Mix together thoroughly.
4. Finally, add the dressing to cabbage and carrot mixture. Mix together until well combined.
5. Cover and place in the fridge overnight (or at the very least 1-2 hours) to allow the flavors to meld together. Enjoy!

This recipe works great as a topping for “BBQ Sweet Potato Sandwiches!”

