



## Tropical Coleslaw

Coleslaw recipes can often be heavy and unhealthy, so let's try a new twist.

This is a great flavorful coleslaw recipe with a wonderful tropical flare and a lower fat dressing. It is quick and easy, and allows us to avoid the sugars and mayo found in most coleslaw recipes. This also keeps well in the fridge.

I love mandarin oranges, so I use the larger size can for this recipe (15 oz.). You can garnish this great slaw with fresh orange slices for some added color and flavor.

### Ingredients

- 1 lb. shredded slaw mix
- ½ cup of shredded carrots
- 1 small red onion (other onions will work fine)
- 1 sliced bell pepper
- 1 can mandarin oranges, drained
- Fresh parsley (handful)
- Sea salt
- Pepper (freshly ground)

The dressing is made with

- 1/2 cup white vinegar (5% acidity)
- 1/4 cup orange juice
- 1/4 cup canola oil
- 1/3 cup sugar or stevia

## Preparation process

Mix together the veggies, oranges, salt, parsley, and pepper in a bowl.

For the dressing, whisk the liquid ingredients and stevia/sugar in a 2-cup measuring cup and blend well.

Combine the dressing with the slaw mix and refrigerate for at least an hour for the flavors to meld. (Overnight is perfect). Garnish with fresh oranges, if desired.

## Extras

In case you don't have a 2-cup measuring cup, check out this one. I use both of mine all the time to mix ingredients for different recipes. Click [here](#) for details.



If you want to watch the video again, go [here](#).