

Garden to Fork – Southwestern Coleslaw

Filled with fresh, healthy vegetables and tossed in a sweet and spicy dressing, this recipe is sure to please!

Ingredients

- 4 cups shredded green cabbage
- 1 cup shredded purple cabbage
- 1 cup shredded carrots
- $\frac{3}{4}$ cup kernels of corn
- $\frac{1}{2}$ cup black beans, rinsed
- $\frac{1}{4}$ cup red bell pepper, diced
- $\frac{1}{4}$ green onions, sliced thin
- 2 TBSP chopped cilantro
- Dressing
 - $\frac{1}{2}$ cup mayonnaise
 - 2 TBSP sour cream or Greek yogurt
 - $1\frac{1}{2}$ TBSP fresh lime juice
 - 1 TBSP olive oil
 - 1-2 teaspoon honey
 - 1 teaspoon chili powder
 - $\frac{1}{2}$ teaspoon cumin
 - $\frac{1}{2}$ teaspoon smoked paprika
 - $\frac{1}{4}$ teaspoon garlic powder
 - Salt, pepper and cayenne to taste



Recipe steps

- Combine slaw ingredients in a large bowl
- Whisk dressing ingredients together until smooth
- Toss dressing into slaw until evenly mixed
- Chill 20-30 minutes before serving

Serves 6

Enjoy! Alaine