

Coleslaw

Posted By Michelle B Fizzard

Coleslaw

Ingredients

6-7 cups shredded cabbage (or 1 bag pre-cut cabbage)

1-2 green onions

3 tbsp. sunflower seeds

1-2 stalks diced celery (optional)

For the dressing

1 tsp. mustard

1/4 cup vinegar

1/4 cup non-fat sour cream or plain yogurt

2 tbsp. Miracle Whip or mayo

1-2 tbsp. orange juice

2 tbsp. sugar

1/4 tsp. salt

1/4 tsp. pepper

dash of red pepper flakes

Stir all dressing ingredients together until well combined and pour over cabbage mixture. Stir until cabbage is lightly coated with dressing.

Article printed from Michelle B Fizzard®

<http://www.michellebfizzard.com>