### How To Make Coleslaw



1. Cut cabbage in quarters.



2. Cut core out of cabbage.



3. Cut cabbage in thin strips.



4. Cut thin strips in half.



Cut red cabbage the same way.



Peel carrots.



Shred carrots.



## Try some of these additions:

- Green onions
- Sliced Apples
- Bell Peppers
- Radishes
- Tomatoes
- Kale
- Cheese
- Raisins

Find more cooking tips online at: www.pittsburghfoodbank.org/resources



# Colesiaw

- head cabbage
- red cabbage I small head
- 6-8 large carrots
- 1/3 cup vinegar
- 1/2 Tbl mustard

# **Nutrition Facts** Serving Size 3/4 cup (343g) Servings Per Container 8

Calories 220 Calories from Fat 130

	Saturated Fat 1g Trans Fat 0g	
0	Trans Fat 0g Cholesterol 0mg	
	Sodium 320mg	
	Total Carbohydrate 23g	
	Dietary Fiber 8g	
	Sugars 13g	

Calcium 15% • Iron 10%  Percent Daily Values are based on a 2,000 calc diet. Your daily values may be higher or lower	Vitamin A 210%	•	Vitamin C 2009
*Percent Daily Values are based on a 2,000 co diet. Your daily values may be higher or lower	Calcium 15%		Iron 10%
	*Percent Daily Values a diet. Your daily values a	nay	ased on a 2,000 ca be higher or lower

depending on your calorie needs:	eds:	
Calories:	2,000	2,500
Total Fat Less than	65g	80g
Saturated Fat Less than	20g	25g
Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		

1/2 Tbl honey

1/2 cup **oil** 

optional 1 tsp celery seed

3/4 tsp salt

Pepper to taste

Chop cabbage and red cabbage Shred carrots. Pictures on front.

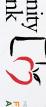
Mix vinegar, mustard, honey, oil, small mixing bowl. celery seed, salt, and pepper in a

3. Add dressing to cabbage and carrots

4. Serve as a side dish or on a sandwich, hot dog or taco!

Makes 8 servings









H.J. Heinz Company Foundation