

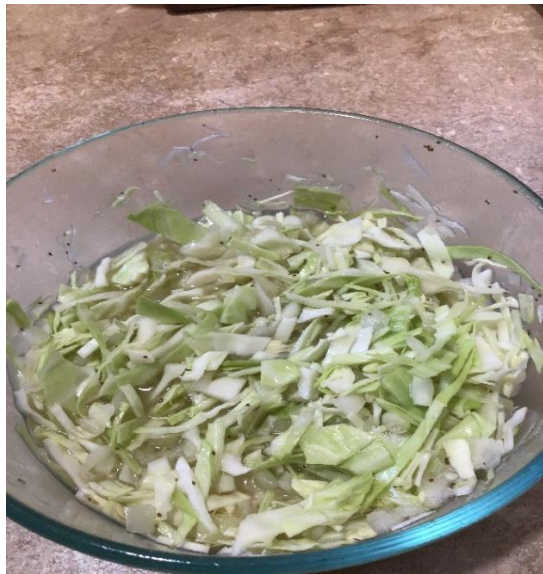


# JANET'S MARINATED SLAW

By Dr. Cindy Tanzar  
(Standard/Maintenance)

Coleslaw is perfect any time of year! This recipe was submitted by one of our clients, Janet Lunsford. Made with a tangy apple cider vinegar instead of mayonnaise, this recipe is light and refreshing and very easy to make. Vinegar-based coleslaw is also very versatile. It perfectly complements the richness and fat of smoked or grilled beef (or even pork on maintenance), yet is a nice, light side for lunch with chicken or fish.

Makes 2-3 servings. One serving of this recipe is 2 cups of raw vegetable and covers your vegetable and fat for one meal.



## INGREDIENTS

- 1/2 head of green cabbage, shredded
- 1 onion, thin sliced
- 1/2 cup Braggs apple cider vinegar
- 1/8 cup (2 Tbps) Swerve
- 1 tsp. celery seed (or to taste)



1/8 tsp. dry mustard

Pink Himalayan salt and pepper, to taste

3 Tbsp MCT or extra virgin olive oil

## INSTRUCTIONS

Place shredded cabbage and sliced onion in a large bowl. Heat the Bragg's vinegar and Swerve to dissolve. Add celery seed, mustard, salt, pepper, and oil. Stir and pour over cabbage. Marinate 12-24 hours. The longer it marinates, the better the flavor.