Coleslaw

Ingredients:

4 cups shredded green cabbage

4 cups shredded red cabbage

4 large carrots, grated

1 cup chopped fresh parsley (optional, for garnish)

3 green onions, thinly sliced (for garnish)

For Dressing

1 cup mayonnaise

4 tablespoon apple cider vinegar

2 tablespoon Dijon mustard

4 tablespoon honey

Salt and pepper to taste

1. In a small bowl whisk together the mayonnaise, apple cider vinegar, mustard, honey, salt and pepper.
2. In a large mixing bowl, combine shredded cabbage and grated carrots.
3. Pour the dressing over the vegetables. Use a spatula to evenly coat them with the dressing.
4. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes before serving. Chilling allows the flavours to meld and the coleslaw to become more flavourful.
5. Just before serving, garnish with fresh parsley and chopped green onions if desired.