

Easy, Healthy 4-Vegetable Coleslaw, Vegetarian & Vegan Versions (gluten-free)

The Daily Basil Blog
8—10 Portions

Prep Time 15 minutes
Mixing Time 5 minutes

Instructions

1 If you want to soften the cabbage, you can put it in a bowl with a little salt and let it sit for 15 minutes. I like my cabbage crunchy, so I do not do this.

2 Wash the vegetables, before preparing them. Mix the prepared vegetables in a bowl. In a separate bowl, mix the liquid and seasoning ingredients. Thoroughly mix the liquid dressing into the salad.

3 Taste and adjust the flavour by adding more seasoning or more mayonnaise, oil or vinegar.

4 This salad tastes best if it can sit in the fridge for at least one hour before serving.

Tip: The salad is good for 3 to 4 days in the fridge. Make a big batch and have your salad ready-made. This salad goes with most dishes. It is very adaptable.

Tip: This recipe can be made smaller or bigger by adjusting the quantity of vegetables and dressing.

Enjoy!

[Watch the video.](#) Or get the recipe [here.](#)

*Cooking
A show of love*

www.thedailybasil.com

YouTube-[Debbie Esplin](#)

Ingredients

1/4 green cabbage, thinly sliced or diced
1/8 red cabbage, thinly sliced or diced
1 celery stick, finely diced
1 kale leaf, finely chopped
3 carrots, peeled and grated
1/2 to 1 kale leaf, finely chopped
1/2 onion, finely diced, if desired
1 garlic clove, finely diced, if desired
1/2 tsp. salt & pepper

1/2 to 2/3 cup mayonnaise or olive oil for the
vinegar and vegan version
1 tbsp. apple cider vinegar
1 tbsp. orange juice concentrate
1/2 tsp. dry mustard powder
1 tsp. salt & pepper
30 mL (2 tbsp.) Butter

Vegan Version: Use Olive oil instead of mayonnaise.

Oil Dressing: Use the vegan version above.

This recipe is **Gluten-Free.**

4 Vegetable Coleslaw

