McDougall Recipes

Creamy-style Coleslaw

Prep: 10 minutes Rest: 30 minutes

Serves: 6

By Carol Van Elderen
This is a creamy mayonnaise-style coleslaw. Make this with fat-free Nayonnaise seasoned with a bit of Dijon mustard, or try it with one of the Tofu Mayonnaise recipes here at McDougall Mobile Cookbook.

Ingredients

5 cups green cabbage, shredded

1/8 cup green onion, minced

1 cup tofu mayonnaise

1 1/2 tbsp sugar

1 1/2 tbsp white vinegar

3/4 tbsp celery seed

sea salt to taste

Directions

Combine the cabbage and green onion in a large bowl. Mix the remaining ingredients together in a small bowl and pour over the cabbage. Toss gently to mix. Refrigerate for 30 minutes before serving.

Hint: Fat-free Nayonnaise is made by Nasoya. It is a tofu based product that does not contain any added oil. Most vegan mayonnaises that are sold in many markets are very high fat products because of the oil in them. I like to jazz up my Nayonnaise a bit by stirring in some Dijon-style mustard for extra flavor.

