

# KITCHEN STORE & MORE *at OCONEE INTERIORS*

109 Harmony Crossing - Suite 2 • Eatonton, GA 31024 • Phone: 706-484-0303  
Located in The Village at Harmony Crossing on Lake Oconee Parkway, Hwy 44

*Recipes from **How to Cook Vegetarian** by Mark Bittman. Published John Wiley & Sons, Inc. Copyright 2007. Reprinted with permission of the publisher. All rights reserved.*

## **Spicy No-Mayo Coleslaw**

MAKES: 8 servings

TIME: 30 minutes

Fast, Make-Ahead, Vegan

If you want restaurant-style coleslaw, you combine shredded cabbage with mayo and maybe a little lemon juice. This version is far more flavorful with far less fat. I like cabbage salad (which is what coleslaw amounts to) on the spicy side, so I use plenty of Dijon, along with a little garlic and chile (you could substitute cayenne for the chile or just omit it if you prefer) and scallions.

2 tablespoons Dijon mustard, or to taste

2 tablespoons sherry vinegar, red wine vinegar, or freshly squeezed lemon juice

1 small clove garlic, minced

1 tablespoon minced fresh chile (jalapeño, Thai, Serrano, or habanero), or to taste (optional)

1/4 cup peanut or extra virgin olive oil

6 cups cored and shredded Napa, Savoy, green, and/or red cabbage

1 large red or yellow bell pepper, roasted and peeled if you like, seeded, and diced or shredded

1/3 cup diced scallion, more or less

Salt and freshly ground black pepper

1/4 cup minced parsley leaves

1. Whisk the mustard, vinegar, garlic, and chile together in a small bowl. Add the oil a little at a time, whisking all the while.

2. Combine the cabbage, peppers, and scallion and toss with the dressing. Season with salt and pepper and refrigerate until ready to serve. (It's best to let this rest for an hour or so before serving to allow the flavors to mellow; the cabbage will also soften a bit and exude some juice. Or let it sit for up to 24 hours if you like. Drain the slaw before continuing). Just before serving, toss with the parsley.

**Cabbage and Carrot Slaw, Mexican Style.** Equally good: Substitute 2 medium carrots, grated, for the bell pepper. Use lime juice in place of the vinegar. Finish with cilantro instead of parsley if you like.

**Apple Slaw.** A little sweeter: Use carrots instead of bell pepper, as in the preceding variation. Use 1 medium onion, grated, in place of the scallion. Shred or grate 2 medium or 1 large Granny Smith or other tart, crisp apples and include them in the mix. Lemon juice or cider vinegar is the best choice for the acid here.