

Red Cabbage Coleslaw

A healthy take on an old idea.

You need:

- ½ Red cabbage, shredded or finely chopped
- 3-4 carrots, grated
- 1 small red onion, finely
- 1 can of chick peas, rinsed and drained
- ¼-1/3 cup of Healthy dressing (see recipes)
- ¼ cup chopped fresh basil or parsley or cilantro

Optional (if you're not keeping it for more than a day):

- 1 red or orange or green pepper, sliced
- 1 English cucumber, sliced into rounds or halves

Assemble all the above ingredients in a large bowl. This salad does not wilt with the addition of the dressing and in fact becomes tastier as it marinades so it can be prepared ahead of time and be a quick snack or meal addition.

From: Lorraine Caruso