



## **Recipe #420 Diabetic Friendly Coleslaw**

**Serving Size and Ingredients: 4 oz.**

25 Servings	50 Servings	100 Servings	Ingredients
3 lbs. Or 3 qts.	6 lbs. or 6 qts.	12 lbs. or 3 gal.	Cabbage, Cleaned, Cored & Shredded
2 cups	4 cups	8 cups	Carrots, Shredded
½ cup	1 cup	2 cups	Onions, Finely chopped
1-1/2 cups	3 cups	1-1/2 qts.	Sugar, Granulated
2 tsp.	4 tsp.	8 tsp.	Salt
¾ cup	1-1/2 cups	3 cups	Vinegar
¼ tsp.	½ tsp.	1 tsp.	Celery Salt
½ cup	1 cup	2 cups	Oil

North Central New Mexico Economic Development District  
 Council of Governments  
 Non-Metro Area Agency on Aging  
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### **Instructions:**

- 1. Place cabbage in large mixing bowl; add carrots and onions. Toss lightly to mix.***
- 2. Combine sugar, salt, vinegar, Celery salt and oil; pour over vegetables; mix thoroughly.***
- 3. Refrigerate salad for minimum of 2 hours; toss salad again just before serving.***