Gem’s Purple Coleslaw
(a kid in the kitchen)

This is a recipe created by a 6 year old. Do not be afraid to let kids get creative in the kitchen. Though messy and sometimes wasteful, this experimentation gives children confidence and helps them to gain valuable life-skills. Supervise any children using sharp, hot or otherwise potentially dangerous equipment.

Ingredients:

- A small head of purple cabbage, sliced thin and chopped into bite size strips
- 2 large grated carrots
- 1/3 cup of mayo (reduced fat ok)
- 3 tbsp of mustard (chefs choice, yellow, Dijon, etc.)

Directions:

1. Mix mayonnaise and mustard first, toss with vegetables.

Serving Ideas:

- Makes a great side, but also a good topping for a sandwich or filling for a wrap.
- Make it a main dish salad by adding some undressed greens and leftover diced chicken, chunks of cheese or beans for protein.
- Try adding other vegetables, like chopped cauliflower, or finely chopped apples for a twist.
- Alternately, try making your favorite slaw recipe with purple cabbage for a pop of color!
- If the dressing is too thick add a few tablespoons of mil or mild vinegar (rice or apple cider) to thin it to your taste.