

Lemony Mediterranean Coleslaw – Serves 6

Try this bright and crunchy variation of a mayonnaise based coleslaw. It holds well and is perfect for your next picnic or potluck

- ¼ cup olive oil
- ¼ cup lemon juice
- ½ teaspoon garlic powder, or 1 clove fresh garlic, pressed
- 1 teaspoon dried oregano or 1 Tablespoon chopped fresh oregano
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

- ½ head green cabbage, shredded
- 1 medium carrot, shredded
- ½ red bell pepper, diced
- ¼ cup chopped parsley
- 1 small can sliced black olives, drained
- ½ jar pepperoncini or banana peppers, sliced into rings
- ¼ cup chopped sun dried tomatoes, optional
- ¼ cup feta cheese, crumbled

Combine the olive oil, lemon juice, garlic powder, oregano, salt, and pepper in a bowl or jar. Whisk until combined, or close the jar and shake until combined. Set the dressing aside.

Place the shredded cabbage and carrot in a large bowl. Add the bell pepper, parsley, black olives, banana peppers, and optional sun dried tomatoes to the bowl.

Pour the vinaigrette over the salad ingredients and toss until the ingredients are combined and coated in dressing. Let the slaw sit for a bit so cabbage can soften and flavors can mingle. Add the feta and toss again before serving.

Recipe adapted from budgetbytes.com

Chef C's Cooking notes:

- Short on time? Use a 16 oz. bag of pre-shredded coleslaw mix
- Broccoli/carrot slaw would also be tasty
- Not a fan of banana peppers? Try substituting them with 2-3 Tablespoons roughly chopped capers

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Nourishment for the Clinical Caregiver

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