

# **ISLAND SLAW**

## **Recipe**

**By Pamela M. Smith, R.D**

**Looking for a refreshing slaw side dish that's light years beyond coleslaw? Try this!**

**2 cups red cabbage, shredded  
2 cups white cabbage, shredded  
1 Red Pepper, seeded and sliced  
1 Yellow Pepper, seeded and sliced  
1 small jicama, julienned  
1/2 cup Rice Vinegar  
1/4 cup orange juice  
2 1/2 Tbsp. Extra virgin olive oil  
1/4 tsp. Kosher salt  
1/2 tsp. Creole Seasoning (such as Tony Chachere's)  
1/4 tsp. Cumin, fresh ground  
1/2 oz. Fresh Cilantro, chopped  
1/2 tsp. Habanero or favorite Hot Sauce**

**1) Combine all vegetables in large bowl.**

**2) Combine the remaining ingredients in a small mixing bowl and mix with a wire whip until evenly blended. Pour the vinaigrette over the vegetables and toss until evenly blended. Adjust seasoning with additional kosher salt, if desired.**

**3) Chill for at least 4 hours before using.**

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