

Slaw Salad

Slaw Salad with Feta Cheese

This recipe will use the fall crops you are growing, cabbage, carrots, cilantro/parsley. It goes great with fried or grilled fish, gumbo, stew, fried or baked chicken or beans and rice.

Ingredients:

4 cups thinly sliced cabbage
1 small grated carrot (large grate)
4 TBS onion chopped fine
1/2 cup chopped cilantro or parsley or a mix of both
1/2 cup feta

Dressing for slaw:

Mash 1/4 feta with 1/4 cup apple cider vinegar, 1 TBS brown mustard, 1/4 cup olive oil, 1 or 2 TBS honey (to your taste), 1 small grated garlic clove, 1 tsp. spike (spike has some salt in it), a little salt and pepper. Use a whisk to mix up, then pour over slaw. Sprinkle 1/4 cup feta pieces broken in crumbles, incorporate all together, adjust seasoning and enjoy.