Asian Coleslaw
Serves 6-8

Ingredients:
1 small head cabbage, cored and shredded
1/4 red onion, peeled and minced
1/2 red pepper, washed, seeded and small diced
1/2 green pepper, washed, seeded and small diced
½ bunch green onions, thinly sliced
1 carrot, shredded
2 tablespoons honey
1/4 cup soy sauce
1/4 cup cider or white vinegar
1 clove garlic, minced
1/4 cup tablespoon oil

Directions:
1. In a large bowl, combine vegetables
2. In a small bowl, whisk together the honey, soy sauce, vinegar and garlic. Slowly pour in the oil while whisking quickly until dressing is emulsified
3. Add dressing to vegetables and mix well to make sure dressing is evenly distributed
4. Cover and refrigerate. If you have time, allow to sit for one hour or overnight in the fridge. If you will be serving it immediately, massage marinade into slaw

Wellness in the Schools is a national non-profit that teaches kids healthy habits to learn and live better.