

New Orleans Cabbage Salad

(Serves 50)

Ingredients

5 lbs. cabbage, finely shredded

1 lb. 8 oz. carrots, grated

12 oz. onions, finely chopped

12 oz. celery with leaves, chopped

Dressing: (make the day before)

2/3 cup plain low-fat yogurt

2/3 cup Canola Oil

1 3/4 cups vinegar

1/4 cup honey

4 tsp. paprika

4 tsp. caraway seed

2 3/4 tsp. dill weed

3/4 tsp. celery seed

3/4 tsp. salt

1/4 tsp. pepper

1/2 cup parsley, chopped

In a very large bowl, combine cabbage, carrots, onions and celery. Mix well. Chill.

Combine dressing ingredients and whisk until well blended. Chill. Just before serving, pour dressing over vegetables and toss well.

Serve with a No. 6 dipper. (2/3 c. per serving)

Note: For added color, use purple cabbage when it's available. Make the dressing the day before to fully develop the flavors.