



Dressing - Mix the vinegar, yogurt, parsley, salt and pepper in a small bowl.



Cut Cabbage, Kale and Bell Pepper into Julienne size.

Chop dill and parsley.



Mix remaining ingredients in a large bowl, then add your dressing. Mix thoroughly. Cover and put in refrigerator for 30 minutes, then serve. YEP, IT'S THAT EASY!



A salad, an appetizer, filling, or topping...ALL OF THE ABOVE. One of those for everything recipes!

-Chef Reilly

Chef Reilly's

KALE & CABBAGE COLESLAW

Ingredients

- 3/4 Cup Julienne Red Bell Pepper**
- 2 Cups Kale**
- 1/4 Cup Parsley**
- 2 Cups Green Cabbage**
- 2 Cups Purple Cabbage**
- 2 tsp Fresh Dill**
- 3 Tbsp Wine Vinegar**
- 3 Tbsp Low Fat Yogurt**
- 1/2 tsp Celery Salt**
- 1 tsp Black Pepper**



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