

ULLR Favorite Recipes
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COLESLAW WITH GARBANZO BEANS

From Lorna Higgins

SLAW INGREDIENTS

1	bag	shredded coleslaw
1		red bell pepper, thinly sliced
1	bunch	green onions, thinly sliced
1		crisp apple, chopped (with skin on)
1/2	15oz can	garbanzo beans (rinsed)

DRESSING INGREDIENTS

1/3	cup	apple cider vinegar
1/2	cup	sugar
1/4	cup	oil

INSTRUCTIONS

In a large mixing bowl, combine the slaw ingredients.

Combine dressing ingredients in a jar and shake well to dissolve the sugar completely.

Pour dressing on the salad. Mix well.

You can also add sunflower seeds and/or raisins, if you like.