1/4 cup green pepper, minced

3 tablespoons green onions, white tops and some green

3 tablespoons celery, minced

1 tablespoon parsley, inced

4 cups coleslaw mix, like Dole's

2/3 cup mayonnaise

4 tablespoons cider vinegar

2 tablespoons milk

1 teaspoon sugar

louisiana hot sauce or Tabasco sauce

1/2 teaspoon dry cajun seasoning (Zatarain's, Prudhomme's)

salt and pepper

Nutrition value

Serving Size 1 ( 82g)

Serving Per Recipe: 8

Calories 93.4

Calories from fat 60 64%

Total Fat 6.7g 10%

Saturated Fat 1.0g 5%

Cholesterol 5.6mg 1%

Sodium 150.8mg 6%

Total Carbohydrate 7.9g 2%

Dietary Fiber 1.0g 4%

Sugar 3.1g 12%

Protein 0.8g 1%

History

Coleslaw came over with the Dutch via New Amsterdam, now known as New York. The word Cole means cabbage and Slaw means salad. The original Dutch salad was most likely served hot.

There are many regional variations of what has become one of America's favorite side dishes. This coleslaw recipe is Cajun style, complete with hot sauce to remain true to its name.