

## Old Fashioned Cole Slaw

½ head.....Shredded Green  
Cabbage  
½ c.....Shredded Carrots  
½ c.....Mayonnaise  
4 tsp.....Dill Pickle Juice  
1 Tbs.....Sugar  
¼ tsp.....Kosher Salt

1. Combine ingredients and mix well.
2. Chill.



This is a salad from the Dutch. I use pickle juice because it has lots of flavor especially if you use a pickle with a strong garlic flavor. If you wanted to change it up a bit you could add some broccoli and/or onion.

Cabbage is one of those veggies that are very good for you. It is high in B & C vitamins. It is very low in calories and works well as a blood purifier. It is good for skin problems, ulcers, asthma, diabetes and your kidneys. Mayonnaise has been associated with reducing the chances of cancer in women. Carrots of course are high in beta-carotene, which is great for the eyes and works as an antioxidant.

Be creative, have fun and enjoy!