

JANELLE'S MEXICAN COLESLAW

Ingredients:

3c chopped and bagged cabbage

½ red onion, sliced

½ mango, peeled and sliced

¼ cup cilantro, chopped

2T apple cider vinegar

3T maple syrup

½ teaspoon hot pepper flakes (or chipotle in adobo sauce)

Salt and pepper

Directions:

Combine the cabbage, onion, mango and cilantro in a large bowl.

In a separate bowl, add the vinegar, maple syrup and pepper flakes, blending together and seasoning with S&P and any other flavors you like.

Drizzle over the dry ingredients and toss to coat.

Store in an airtight container and keep in the cooler. If you're not going to use it within 2-3 days, pack ingredients separately and prepare the night or morning before.