

## ***Pineapple Cole Slaw*** from *Urban Sacred Garden*



There is nothing like a little sweet and tangy to compliment the salty dishes at a cookout. Cool, classic salads are a must on warm days filled with the smoky haze of a barbecue grill. This dish takes an American classic and twists it up with the sweetness of pineapple. Not too much, but enough to make it just right. Try this simple dish at your next get together with family and friends.

Yield: About 9 Cups

### ***INGREDIENTS***

7 Cups Cabbage, chopped  
2 Carrots, grated  
2 Cups Fresh Pineapple, cut into small chunks  
1 Tbsp Lemon Zest  
Juice 1 Lemon  
4 Tbsp Pineapple White Balsamic Vinegar (or Apple Cider Vinegar)  
3/4 Cup Plain Nonfat Greek Yogurt  
1/4 Cup Local Honey  
Fresh Ground Sea Salt  
Fresh Ground Black Pepper

### ***DIRECTIONS***

1. In a large bowl toss together Cabbage, Carrots, Pineapple, Zest, Lemon Juice, Vinegar, Yogurt and Honey. Add Salt and Pepper to taste. Continue adding Salt and Pepper until the flavor balances out. It will take more salt than you would expect to balance out the tartness. If in doubt, add a little more salt. You will start to taste the flavor shift.
2. Cover and place in the refrigerator for at least one hour to marinate. Serve cold. Keeps for a couple of days in the fridge. Enjoy!