



Pineapple Coleslaw Salad Recipe

Preparation Time	10
Cooking Time	12
Serving Size	6

Ingredients:

FOR THE DRESSING

- 1/3 cup milk, evaporated
- 1/2 cup mayonnaise
- 1 1/2 Tbsp DEL MONTE Red Cane Vinegar
- 2 tsp sugar, white

- 250 g apple, fuji
- 2 pouch DEL MONTE Pineapple Tidbits (115g), drained and chilled, reserve syrup
- 1 Tbsp raisins, soaked in reserved pineapple syrup
- - salt, to taste
- - white pepper, to taste
- 250 g cabbage, finely chopped and chilled

Preparation:

1. For the dressing, add milk gradually to mayonnaise, then stir in DEL MONTE Red Cane Vinegar. Add sugar. Chill.
2. Coarsely grate apple (with peel) and mix immediately to the dressing. Then combine with DEL MONTE Pineapple Tidbits and drained raisins. Season with salt and white pepper to taste. Toss to combine.
3. Add cabbage to the mixture 1-2 hours before serving time.

Chef's Tip

Do not grate the apple until ready to mix with the dressing. Apples oxidize as soon as they are peeled and will turn brown.

Lusog Notes

This Pineapple Coleslaw Salad recipe is high in vitamin C that helps heal wounds and keep gums healthy. Vitamin C is also an antioxidant that may help prevent some damage by free radicals and may reduce risk of heart disease.

Cooking Skills Needed

- Mixing