



It's a Slaw

ORIENTAL COLESLAW

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| 3 tbsp (40 mL) rice vinegar | 1 pkg (100 g) Asian noodle soup mix |
| 2 tbsp (25 mL) sugar | 1 tbsp (15 mL) butter |
| 2 tbsp (25 mL) oil | 2 tbsp (25 mL) sliced almonds |
| 1 tbsp (15 mL) soy sauce | 1 tbsp (15 mL) sunflower seeds, optional |
| 1 tbsp (15 mL) honey | 6 cups (1.5 L) coleslaw mix |
| Dash salt | 1/2 cup (125 mL) diagonally sliced green onions |

To prepare dressing, combine vinegar, sugar, oil, soy sauce, honey and salt in a small nonreactive saucepan. Bring to a boil and cook for 1 minute, stirring constantly. Pour mixture into a small bowl; refrigerate. Crumble noodles from soup mix; reserve seasoning packet for another use. Melt butter in a frypan; add noodles, almonds and sunflower seeds. Cook mixture over medium heat, stirring frequently, until lightly toasted. Transfer mixture to a large bowl; cool to room temperature. Add coleslaw mix and onions to noodle mixture; pour dressing over and toss to coat. Serves 6.

Cook's Note: The ATCO Blue Flame Kitchen used Sapporo Ichiban soup mix in this recipe.

COLESLAW WITH BLUE CHEESE DRESSING

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| 1/3 cup (75 mL) sour cream | 1/2 tsp (2 mL) salt |
| 1/3 cup (75 mL) mayonnaise | 1/4 tsp (1 mL) freshly ground pepper |
| 2 tbsp (25 mL) white wine vinegar | 1/3 cup (75 mL) crumbled blue cheese |
| 2 tsp (10 mL) sugar | 8 cups (2 L) coleslaw mix |
| 1/2 tsp (2 mL) Dijon mustard | 1/2 cup (125 mL) thinly sliced green onions |

To prepare dressing, combine first 7 ingredients (sour cream through pepper) until blended. Stir in cheese. Combine coleslaw mix and onions in a bowl. Add dressing and toss to combine. Serves 8.

SESAME COLESLAW WITH SPINACH

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| 1/3 cup (75 mL) rice vinegar | 1/4 cup (50 mL) oil |
| 1/4 cup (50 mL) sugar | 6 cups (1.5 L) thinly sliced green cabbage |
| 2 tbsp (25 mL) soy sauce | 2 cups (500 mL) thinly sliced red cabbage |
| 2 tsp (10 mL) sesame oil | 2 cups (500 mL) thinly sliced spinach |
| 1/2 tsp (2 mL) ginger | 3 Roma tomatoes, cut into wedges |
| 1/4 tsp (1 mL) salt | |

To prepare dressing, whisk together first 6 ingredients (vinegar through salt) until sugar is dissolved. Gradually whisk in oil until blended. Combine green cabbage, red cabbage, spinach and tomatoes in a bowl. Add dressing and toss to coat. Refrigerate for up to 2 hours. Serves 8 - 10.

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CREAMY LEMON COLESLAW

3 tbsp (40 mL) water	1/4 tsp (1 mL) salt
2 tbsp (25 mL) sour cream	1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) mayonnaise	4 cups (1 L) coleslaw mix
1 tbsp (15 mL) fresh lemon juice	1/2 cup (125 mL) thinly sliced green onions
1 tsp (5 mL) sugar	1/2 cup (125 mL) chopped fresh parsley
1/2 tsp (2 mL) grated lemon peel	

To prepare dressing, whisk together first 8 ingredients (water through pepper) in a bowl until blended. Add coleslaw mix, onions and parsley and toss to coat with dressing. Serves 4.

COLESLAW WITH LIME CUMIN DRESSING

1/3 cup (75 mL) fresh lime juice	1/2 cup (125 mL) oil
1/2 tsp (2 mL) cumin	8 cups (2 L) coleslaw mix
1/2 tsp (2 mL) hot pepper sauce	3/4 cup (175 mL) thinly sliced red onion
1/2 tsp (2 mL) salt	1/4 cup (50 mL) chopped fresh cilantro
1 clove garlic, finely chopped	1 red bell pepper, julienned

To prepare dressing, whisk together lime juice, cumin, hot pepper sauce, salt and garlic. Gradually whisk in oil. Combine coleslaw mix, onion, cilantro and red pepper in a bowl. Add dressing and toss to coat. Refrigerate for up to 2 hours. Serves 8 - 10.

COLESLAW WITH CREAMY CHILI DRESSING

1 cup (250 mL) yogurt	1/2 tsp (2 mL) cumin
1/4 cup (50 mL) tomato-based chili sauce	1/4 tsp (1 mL) red pepper flakes
2 tbsp (25 mL) fresh lemon juice	8 cups (2 L) coleslaw mix
2 tbsp (25 mL) sugar	1/2 cup (125 mL) thinly sliced green onions
2 tsp (10 mL) dry mustard	1/2 cup (125 mL) salted roasted pepitas
3/4 tsp (3 mL) salt	1/4 cup (50 mL) chopped fresh cilantro

To prepare dressing, whisk together first 8 ingredients (yogurt through red pepper flakes) until blended. Combine coleslaw mix, onions, pepitas and cilantro in a bowl. Add dressing and toss to combine. Serve immediately. Serves 8.

Cook's Note: *Pepitas are pumpkin seeds with their white hulls removed. They are dark green in colour and can be found in specialty stores and the bulk foods section of grocery stores.*

CURRIED DRESSING FOR COLESLAW

1/2 cup (125 mL) mayonnaise	1 tsp (5 mL) honey
2 tbsp (25 mL) fresh lime juice	1/4 tsp (1 mL) salt
1 tbsp (15 mL) curry powder	

Whisk together all ingredients until blended. May be refrigerated for up to 3 days. Stir before using. Makes enough dressing for 8 cups (2 L) coleslaw mix.

PEAR AND APPLE SLAW

1/4 cup (50 mL) cider vinegar	1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) oil	8 cups (2 L) coleslaw mix or shredded cabbage
1 tbsp (15 mL) packed brown sugar	1 firm ripe pear, thinly sliced
1 tsp (5 mL) poppy seed, optional	1 red apple, thinly sliced
1/2 tsp (2 mL) salt	

To prepare dressing, whisk together first 6 ingredients (vinegar through pepper). Dressing may be refrigerated for up to 2 days. Combine coleslaw mix, pear and apple in a bowl; toss with dressing. Serve immediately or cover and refrigerate for up to 2 hours. Serves 8.