

Foodnity Recipes

Pineapple Coleslaw Recipe

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 cups shredded green cabbage
- [ ] 1 cup shredded red cabbage
- [ ] 1 cup grated carrot
- [ ] 1 cup fresh pineapple chunks
- [ ] 2 tbsp chopped fresh cilantro

Dressing

- [ ] 3 tbsp lime juice
- [ ] 2 tbsp honey
- [ ] 1 tbsp olive oil
- [ ] 1/2 tsp sea salt
- [ ] ¼ tsp black pepper

Instructions

1. Wash and dry the cabbage; shred both green and red varieties into a large bowl.
2. Grate the carrot and add to the cabbage, then toss gently.
3. In a small bowl whisk together lime juice, honey, olive oil, salt, and pepper until smooth.
4. Add pineapple chunks and cilantro to the veggie mix, then drizzle the dressing over everything and toss just until coated.
5. Taste and adjust seasoning; serve chilled or at room temperature.

Nutrition per serving

150 kcal	3 g	28 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the slaw seems dry, add a splash more lime juice or a drizzle of olive oil.
- For extra brightness, zest a bit of lime over the finished dish.
- Pair with grilled fish or a Greek pasta salad for a complete meal.