

Peach Slaw

Original Recipe Yield 8 servings

Ingredients

- 1 cup pecan pieces
- 1 head cabbage, sliced
- 8 fresh peaches, pitted and sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1/2 cup chopped green onions
- 2 tablespoons celery seed

Dressing

- 1/2 cup fresh peaches, pitted and chopped
- 1/2 cup vegetable oil
- 1/4 cup honey
- 1/4 cup lemon juice
- salt and pepper to taste
- 1 bunch fresh mint sprigs

Directions

Place the pecan pieces in a skillet over medium heat, and cook, stirring constantly, until lightly toasted.

In a large bowl, mix the pecans, cabbage, 8 fresh peaches, red bell pepper, yellow bell pepper, green onions, and celery seed. Cover and chill 45 minutes in the refrigerator.

In a blender or food processor, blend the 1/2 cup chopped peaches until smooth. Transfer to a bowl, and mix with the oil, honey, lemon juice, salt, and pepper. Chill until slaw is ready to be served, then toss with slaw to coat. Garnish slaw with mint sprigs.

Nutritional Information

Servings Per Recipe: 8

Amount Per Serving

Calories: 309

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- **Total Fat:** 25g
 - **Cholesterol:** 0mg
 - **Sodium:** 85mg
 - **Total Carbs:** 22.2g
 - **Dietary Fiber:** 5.8g
 - **Protein:** 4.6g
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