Osteoarthritis Management
HWFL
HEALTHY WEIGHT FOR LIFE

HWFL Recipe

Tasty and nutritious

Tri-Colour Coleslaw

Great for a picnic or BBQ

Categories	Free Food Snacks & Sides Lunch Dinner
Preparation Time	15 mins
Cooking Time	-
Serves	4
Ingredients	¼ green cabbage ¼ red Cabbage 2 medium carrots, grated ½ red capsicum, finely diced ½ green capsicum, finely diced 2 sticks celery, finely chopped ½ spanish onion, finely diced OPTIONAL DRESSING 2 tablespoons lemon juice 2 tablespoons light olive oil ½ teaspoon salt
Method	1. Combine salad ingredients in a large bowl. 2. Mix dressing ingredients and toss through salad.