

Tricolor Oriental Cabbage and Chicken Slaw

Try this at your next picnic instead of the traditional mayonnaise-heavy coleslaw.

3 tbsp (50 ml)	cider vinegar
2 tbsp (25 ml)	dark Oriental sesame oil
1 tbsp (15 ml) each	vegetable oil, soy sauce and granulated sugar
1 tsp (5 ml)	chili oil or 1/4 tsp (1 ml) red pepper flakes
1 tsp (5 ml)	Dijon mustard
1 tbsp (15 ml)	finely chopped gingerroot
2 cloves	Ontario Garlic, minced
Pinch each	salt and pepper
1 small	deli-roasted chicken
3 cups (750 ml)	shredded Ontario green cabbage
3 cups (750 ml)	shredded Ontario Nappa cabbage
2 cups (500 ml)	shredded Ontario red cabbage
3	Ontario green onions, thinly sliced
2	Ontario carrots, coarsely grated
2	Ontario apples (unpeeled), cored and cut into 1/2 in. (1 cm) pieces

1. In small bowl, whisk together vinegar, sesame oil, vegetable oil, soy sauce, sugar, chili oil, mustard, ginger, garlic, salt and pepper. Set aside.
 2. Remove skin from chicken if you wish, then shred meat into strips. Set aside.
 3. In large bowl, toss shredded cabbages, green onions, carrots and apples with dressing. Add chicken and toss again. Serve immediately or cover and refrigerate for a couple of hours until ready to serve. Taste and adjust seasoning if you have refrigerated salad.
- Serves 8.*