

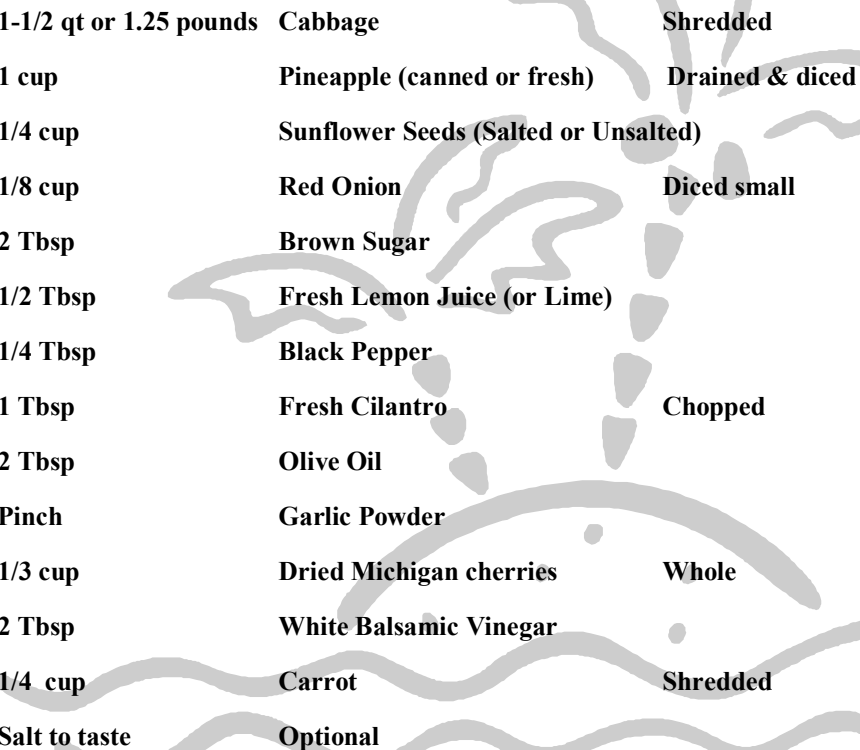


BAKERY • CATERING • CAFÉ

Ryke's Caribbean Cole Slaw

Combine all ingredients below and toss. Let sit refrigerated for one hour.

Ingredients:



1-1/2 qt or 1.25 pounds	Cabbage	Shredded
1 cup	Pineapple (canned or fresh)	Drained & diced
1/4 cup	Sunflower Seeds (Salted or Unsalted)	
1/8 cup	Red Onion	Diced small
2 Tbsp	Brown Sugar	
1/2 Tbsp	Fresh Lemon Juice (or Lime)	
1/4 Tbsp	Black Pepper	
1 Tbsp	Fresh Cilantro	Chopped
2 Tbsp	Olive Oil	
Pinch	Garlic Powder	
1/3 cup	Dried Michigan cherries	Whole
2 Tbsp	White Balsamic Vinegar	
1/4 cup	Carrot	Shredded
Salt to taste	Optional	

Makes 10-12 servings as a side dish.

This salad can be made up to 48 hours ahead. Always re-toss before serving. Excellent served as an entrée with grilled chicken or shrimp on top.