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Colorful and tangy twist on traditional coleslaw

By Susie Iventosch



This is a fun twist on the traditional sweet and tangy coleslaw, using yogurt-blue cheese dressing instead of the more typical mayonnaise-based dressing. Not only is this slaw colorful, but delicious and pairs so well with tacos, burgers, spicy wings or barbecue. The mixture of blue cheese and bacon gives it a great salty taste and the toasted pecans offer a nice crunch. I like to mix the red and green cabbage, but you can use just one or the other, along with the carrots, if you prefer. There is no exact measurement for how much of the blue cheese dressing to add, so I'd start with about 1/2 cup and add more to get to the consistency and taste you like. Also, if you really love the blue cheese flavor, add extra blue cheese crumbles when you toss it and you'll have an intensely blue cheese experience!

Blue Cheese Coleslaw Photo Susie Iventosch

Blue Cheese Coleslaw

(Serves 6-8 as a side dish)

INGREDIENTS

- 1 small head green cabbage, shredded or finely chopped
- 1 small head red cabbage, shredded or finely chopped
- 2 carrots, peeled and shredded or grated
- 2 tablespoons olive oil
- 1-2 teaspoons cider vinegar
- 1/2 cup (plus or minus) homemade yogurt blue cheese dressing (recipe below)
- Salt and pepper to taste
- 1/2 cup pecans, toasted and coarsely chopped or broken
- 1/4 cup blue cheese crumbles
- 4 strips bacon, cooked and crumbled

DIRECTIONS

Place cabbage and carrots in a salad bowl. Toss with olive oil and cider vinegar and then mix in yogurt blue cheese dressing until cabbage is well covered. Season to taste with salt and pepper. Top with blue cheese crumbles, toasted pecans and bacon.

Yogurt Blue Cheese Dressing

(Yields 1 1/4 cups dressing, and you won't need all of this so save it for your next salad adventure!)

INGREDIENTS

- 5 ounces crumbled blue cheese, softened to room temperature
- 2 tablespoons white wine vinegar
- 2 tablespoons olive oil
- 1/8 teaspoon white pepper
- 1/2 cup plain nonfat yogurt

DIRECTIONS

In a small bowl, smash blue cheese until fairly smooth using a fork. Stir in white wine vinegar, olive oil and white pepper. Blend until well integrated. Add yogurt and mix well. This makes a very thick dressing. Add more olive oil or yogurt as desired to arrive at the dressing consistency you enjoy. Refrigerate until ready to use.



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