



Makes 6 cups
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

6 cups shredded red and/or green cabbage
1 cup chopped fresh or canned juice-pack pineapple
½ cup shredded carrot
½ of a 12-oz. package light silken tofu
2 tablespoons lemon juice
1 teaspoon pure cane sugar
⅛ teaspoon cayenne pepper
⅓ to ½ cup pineapple juice
Fresh parsley (optional)

Vegan Pineapple Coleslaw

Brighten up your summer BBQ with an incredible coleslaw that's equal parts tangy, crunchy, and creamy. This refreshing recipe combines eye-catching purple cabbage with shredded carrots and chunks of juicy pineapple for a perfect savory-sweet combo to complement whatever plant-based goodness you have cooking on the grill. The velvety tofu-based dressing delivers that traditional creamy coleslaw texture without the unhealthy mayonnaise or oil. And be sure to sprinkle just a touch of cayenne pepper into the dressing: A small pinch will make the other flavors really pop without adding much heat. Serve alongside [veggie burgers](#), [carrot dogs](#), or some simple whole grain crackers if you want a light and healthy lunch!

Tip: This coleslaw recipe can be made ahead, covered, and chilled up to 24 hours before serving.

For more healthy coleslaw recipes, check out these tasty ideas:

- [The Best Broccoli Slaw](#)
- [Sushi Coleslaw](#)
- [Szechwan Coleslaw](#)
- [Hearty Winter Slaw with Quinoa and Cranberries](#)

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- 1 In a large bowl toss together cabbage, pineapple, and carrot. For dressing, in a small blender or food processor combine tofu, lemon juice, sugar, and cayenne pepper. Cover and blend until smooth, gradually adding pineapple juice until dressing has thick syrup-like consistency.
- 2 Drizzle dressing over cabbage mixture; toss to coat. If desired, sprinkle with parsley.