

The Ultimate Creamy Cilantro Lime Slaw (No Mayo!)

There are three main reasons why this recipe is a permanent resident in my recipe binder:



TIME
20-30 min

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INGREDIENTS

- 1 cup plain Greek yogurt: Provides the creamy base without the fat of mayo.
 - $\frac{1}{2}$ cup fresh cilantro: Tightly packed for maximum herbal flavor.
 - $\frac{1}{4}$ cup lime juice: Freshly squeezed is a must for that bright acidity!
 - $\frac{1}{2}$ teaspoon ground cumin: Adds an earthy undertone.
 - $\frac{1}{2}$ teaspoon fine sea salt: To balance the citrus.
 - $\frac{1}{4}$ teaspoon freshly cracked black pepper: For a subtle bite.
 - 3 green onions: Use the green parts only for a mild onion flavor.
 - 2 garlic cloves: Freshly peeled for a sharp, savory kick.
 - 1 jalapeño or serrano pepper (Optional): Remove seeds and core for a milder heat, or keep them for a spicy kick.
 - 1 (14-ounce) bag cole slaw mix: Approximately 7-8 cups of shredded cabbage and carrots.
- Swaps and Notes:
- Vegan Option: You can easily swap the Greek yogurt for a dairy-free plain almond or soy-based yogurt.
 - The Greens: If you don't have a pre-packaged mix, you can thinly slice half a head of green cabbage and one large carrot.
 - Herb Haters: If you are one of those folks for whom cilantro tastes like soap, try substituting it with fresh flat-leaf parsley and a touch of mint.

Step-by-Step Instructions:

Prepare the Dressing: In a blender or food processor, combine the Greek yogurt, fresh cilantro, lime juice, cumin, salt, black pepper, green onions, garlic, and the optional jalapeño.

Blend until Smooth: Pulse the mixture a few times. You want it to be a vibrant green, creamy sauce with tiny flecks of cilantro visible.

Combine: Place your shredded cole slaw mix into a large mixing bowl. Pour that beautiful green dressing over the top.

Toss: Use tongs or large spoons to toss the cabbage thoroughly. Ensure every shred of cabbage is well-coated in the cilantro lime mixture.

Adjust and Chill: Give it a quick taste. If you love acid, add another squeeze of lime. If it needs more kick, add extra cracked pepper.

Serve: You can serve this immediately, but letting it sit in the fridge for 20-30 minutes helps the flavors meld.

Tips for Success:

Don't Over-Process: When blending the dressing, stop once it's creamy. If you over-blend, the yogurt can become too thin.

Dry Your Cabbage: If you wash your own cabbage, make sure it is bone-dry before adding the dressing so the sauce sticks perfectly.

The Heat Factor: If using the jalapeño, remember that the heat lives in the ribs and seeds. Scrape them out thoroughly if you want the flavor of the pepper without the "burn."

Serving Suggestions and Pairings:

The Perfect Topper: Use this slaw to add crunch and brightness to these Chicken Enchiladas.

The Taco Night Essential: It is a "must-have" addition if you are setting up this Walking Taco Bar for friends.

Casserole Side: Balance the richness of this Mexican Chicken and Rice Casserole with a cold scoop of this slaw.

Party Food: Serve it as a side for these Sheet Pan Quesadillas to keep things fresh.

Drink Pairing: Nothing beats a zesty slaw like a Classic Margarita.

Nutritional Information (Per Serving):

Calories: 65 kcal

Protein: 4g

Carbohydrates: 8g

DIRECTIONS

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10. **Serving Suggestions and Pairings:** This slaw is the ultimate companion for bold, savory flavors. I highly

recommend serving it alongside these favorites:

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14. Party : Food: Serve it as a side for these Sheet Pan Quesadillas to keep things fresh.
15. Drink : Pairing: Nothing beats a zesty slaw like a Classic Margarita.
16. Nutritional Information (Per Serving): Calories: 65 kcal
17. Protein: 4g
18. Carbohydrates: 8g
19. Fat: 1g
20. Fiber: 2g
21. Storage and Leftover Tips: Keep your Cilantro Lime Slaw in an airtight container in the refrigerator. It stays crisp for about 24 hours. After that, the cabbage will begin to release water and the slaw will become softer. If you have leftovers on day two, it's still delicious but works best as a sandwich topper rather than a standalone salad!
22. More Recipes You Will Love: If you enjoyed this fresh side dish, you should check out these other crowd-pleasers from the Chef Maniac kitchen:
23. Mexican : Chicken and Rice Casserole
24. Sheet : Pan Quesadillas
25. Chicken : Enchiladas

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-creamy-cilantro-lime-slaw-no-mayo/>