

Coleslaw



This colorful and low in fat coleslaw recipe is great to take to any BBQ!

Yield: 4 servings (serving size 6 oz)

Preparation:

In a large bowl, combine mayonnaise, yogurt, mustard, vinegar, sugar and caraway seeds, if using. Season with salt and pepper. Add cabbage and carrots and toss well. Serve within two hours of preparation.

Ingredients:

3 tablespoons reduced-fat mayonnaise
3 tablespoons plain non-fat yogurt
1 tablespoon Dijon mustard
2 teaspoons cider vinegar
1 teaspoon sugar
1/2 teaspoon caraway seeds (optional)
Salt and freshly ground black pepper,
to taste
2 cups shredded red cabbage (approx.
1/4 of a small cabbage head)
2 cups shredded green cabbage (approx.
1/4 of a small cabbage head)
1 cup grated carrots (approx. 2 medium
carrots)

Nutritional Data Per Serving:

Calories: 70
Fat: 3 grams (39% of calories)
Cholesterol: 4 milligrams
Sodium: 37 milligrams

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