Light and Bright Coleslaw

SERVING SIZE: ½ cup
SERVINGS: 6
PREPARATION TIME: 15 minutes

INGREDIENTS:
¼ cup apple cider or white vinegar
2 Tablespoons sugar
2 Tablespoons vegetable oil
1 teaspoon salt
1 Tablespoon celery seed
¼ teaspoon pepper
3 cups shredded purple or green cabbage
1 cup shredded carrots

DIRECTIONS:
1. Mix vinegar, sugar, oil, salt pepper celery seed, and pepper well.
2. Using a knife or grater finely shred cabbage and carrots separately.
3. Measure 3 cups cabbage and 1 cup carrots into a large bowl.
4. Pour dressing over cabbage and carrots.
5. Toss mixture with fingers.
6. Adjust seasonings as preferred.
7. Cover and refrigerate for 1 hour.
8. Toss mixture again before serving.

NUTRITION FACTS:

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td></td>
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<tr>
<td>Sodium</td>
<td>410mg</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
<td>9g</td>
<td></td>
</tr>
<tr>
<td>Fiber</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td>4g</td>
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<tr>
<td>Includes 2g of Added Sugars</td>
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</tbody>
</table>

EQUIPMENT NEEDED:
• Measuring cups and spoons
• Knife or grater
• Large and small bowl

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org