

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:

Amount Per Serving	
Calories	80
Total fat	5g
Saturated fat	1g
Cholesterol	0mg
Sodium	410mg
Total Carbohydrate	9g
Fiber	1g
Sugar	4g
Includes 2g of Added Sugars	
Protein	1g
Phosphorus	23mg
Potassium	155mg

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