

FESTIVAL SLAW

(More veggies for my friends on the 5-A-Day program)

Ingredients:

24 oz (3 cups) shredded cabbage
8 oz (1 cup) shredded red (purple) cabbage
8 oz (1 cup) shredded carrot
2 oz (¼ cup) finely chopped onion

Instruction: Combine the above

Dressing ingredients:

2 oz (¼ cup) white wine vinegar
2 oz (¼ cup) unsweetened pineapple juice
½ oz (1 TBSP) dijon mustard
1/8 tsp salt (optional)
1/8 tsp pepper

Instruction: Combine this group in a small bowl then mix in with veggies

Top with 1/4 cup cashews or peanuts (optional)
Cover and chill thoroughly

Makes 4 (1-cup) servings

Nutrition analysis:

Calories 86
Protein 2.2 grams
Fat 3.8 grams (sat 0.6)
Carbohydrates 11 grams
Fiber 3 grams
Cholesterol 0
Sodium 248 mg

From *Cooking Light Cookbook* 1993

Exchange system: Count as 2 veggies, 1 fat
If you leave the nuts out of the dish, 0 fat