

RED CABBAGE SLAW

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From 500 Fat-Free Recipes by Sarah Schlesinger

Submitted by Marie & Kevin Burns

Preparation Time: 25 minutes

This unusual slaw is made with red cabbage and a nonfat dressing featuring pickle relish.

2 cups shredded red cabbage	½ cup nonfat mayonnaise
2 cups shredded white cabbage	2 tsp Dijon mustard
1 cup shredded carrots	2 tbsp lemon juice
¼ cup pickle relish	¼ tsp black pepper
¾ cup minced scallions	

1. Combine red cabbage, white cabbage, and carrots.
2. Combine pickle relish, scallions, mayonnaise, mustard, lemon juice, and black pepper.
3. Toss dressing with cabbage mixture.

Yield: 8 servings

Calories Per Serving 47, Fat: .1 g, Cholesterol: 0 mg, Protein: .6g,
Carbohydrates: 11g, Dietary Fiber: 1.3 g, Sodium 298 mg.