COLESLAW – CABBAGE SALAD

Serving Size: 1/8 of recipe
Yield: 8 servings

Ingredients

4 cups shredded or thinly sliced cabbage

¼ cup grated or finely sliced carrots

¼ cup thinly sliced celery

¼ cup chopped green pepper

1 teaspoon finely chopped onion

½ teaspoon dill or basil or parsley

½ cup low-fat mayonnaise

½ cup yogurt, plain nonfat

1 teaspoon mustard

½ teaspoon lemon juice

½ teaspoon sugar

Instructions

1. Wash and prepare vegetables for chopping.
2. Use a cheese grater or slice all vegetables thinly with a sharp knife.
3. Put in a large bowl.
4. Add herbs to taste.

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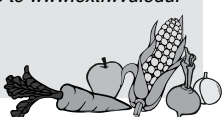
Nutrition information:

Calories: 70
Carbohydrate: 5 gm
Fiber: 1 gm
Fat: 5 gm
Protein: 1 gm
Cholesterol: 5 mg
Sodium: 125 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.



From *Farm to the Table*, Hispanic Health Council, Univ. of Connecticut Cooperative Extension

5. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in a small bowl. Blend well. Add to vegetables.
6. Mix well. Keep in refrigerator until ready to eat.

Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

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