

Sweet and Sour Cole Slaw

Sodium Per Serving – 28mg
Serves 8

Dressing:

3 tbsp extra-virgin olive oil
2 tbsp cider vinegar
1 tbsp lemon or lime juice
1/3 cup sugar or sugar substitute
1 garlic clove, minced
1/2 tsp hot pepper sauce, such as *Tabasco*,
or 1/4 tsp crushed red pepper flakes
1/2 tsp garlic or onion powder
1/4 tsp ground black pepper

Salad:

6–8 cups (1 medium head) green cabbage,
shredded, or 1 (16-oz) package cole slaw mix
1 small sweet onion, chopped
1 large carrot, grated
2 celery stalks, chopped

1. *For the dressing:* Blend together the oil, vinegar, lemon juice, sweetener, garlic, hot pepper sauce, garlic powder, and black pepper, either by whisking in a small bowl or by shaking well in a screw-top jar.
 2. *For the salad:* In a large bowl, combine cabbage, onion, carrot, and celery; add dressing and toss. Season with additional pepper to taste.
 3. Cover and refrigerate 2 to 3 hours to allow flavors to blend. Toss before serving.
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NUTRITIONAL INFO PER SERVING: Calories 92, Fat 5g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 15g (Fiber 2g, Sugar 12g), Sodium 28mg

Variation:

Spicy Cole Slaw

For a spicy taste, add 1/2 tsp ground cumin to the dressing and 1/4 cup chopped cilantro to the salad.

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