

RECIPES

Confetti Cabbage Slaw



Ingredients (8 servings)

1/4 – 1/3 head of cabbage (Napa or green)
 2 medium carrots
 1/4 cup raisins
 1/4 cup peanuts (chopped)
 1/2 cup low- or fat-free vanilla yogurt
 1 tablespoon orange juice

For fun and color

Combine 1/8 head each red and green cabbage.
 Add 2 tablespoons multi-colored mini-marshmallows.

Instructions

1. Remove the tough outer leaves. Slice and cut cabbage into thin strips. Place strips in large bowl.
2. Peel and grate or thinly slice carrots. Add to bowl.
3. Add the raisins and peanuts to the bowl. Toss to mix.
4. Combine yogurt and orange juice in small bowl.
5. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

Nutrition Information per serving

70 calories, 2.5 g fat, 0 g sat fat, 2 g protein,
 11 g carbohydrate, 2 g fiber, 30 mg sodium

CABBAGE

Choose: cabbage heads that are firm and dense with shiny, crisp, colorful leaves free of cracks, bruises, and blemishes.

Store: the whole head in a plastic bag in the crisper of your refrigerator for 1-2 weeks. If you need to store part of a head of cabbage, cover it tightly with plastic and refrigerate.

How much? One head of cabbage weighs about 3-4 pounds.