

Cole Slaw

4 Servings

Ingredients:

1 bag shredded cole slaw mixture **OR**
3 1/2 cups shredded cabbage and 1/4 cup shredded carrots
2 Tablespoons finely chopped onion
1/4 cup chopped celery
1/4 cup chopped green or red pepper

Dressing:

1/4 cup mayonnaise*
1 Tablespoon vinegar (plain or red wine type)
3 packets artificial sweetener
1/4 teaspoon salt
1/4 teaspoon pepper

Directions:

Place all dressing ingredients into large bowl and mix with rubber scraper to blend. Chop onion, celery and pepper on cutting board or in food processor. Buy shredded cole slaw mixture or use food processor fitted with shredding disk for cabbage and carrots. Add chopped and shredded vegetables to large bowl. Toss well to blend and refrigerate. Can be made the night before.

Nutrition Information per serving:

Calories: *	Sodium: 116 mg
Carbohydrate: 3 g	Protein: 1 g
Fat: *	Fiber: 3g

With *regular mayonnaise*: 52 calories, 6 g fat
With *reduced-fat mayonnaise*: 30 calories, 3 g fat
With *fat-free mayonnaise*: 17 calories, 0 g fat