

## SWEET AND SOUR COLE SLAW

Sodium Per Serving – 26mg

Serves 8

This tangy, sweet slaw is a great alternative to the heavy, mayo-based salads in the supermarket. Allow several hours for the flavors to blend or make a day ahead of time.

### Dressing:

**3 tablespoons extra-virgin olive oil**

**2 tablespoons cider vinegar**

**1 tablespoon lemon or lime juice**

**1/4–1/3 cup sugar substitute or sugar<sup>1</sup>**

**1 garlic clove, minced**

**1/2 teaspoon hot pepper sauce, such as *Tabasco*, or 1/4 teaspoon crushed red pepper flakes**

**1/2 teaspoon garlic or onion powder**

**1/4 teaspoon ground black pepper**

### Salad:

**6–8 cups (1 medium head) green cabbage, shredded, or 1 (16-ounce) package cole slaw mix**

**1 small sweet onion, chopped, such as *Vidalia***

**1 large carrot, grated**

**2 celery stalks, chopped**

▶ *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.

▶ *For the salad:* In a large bowl, combine cabbage, onion, carrot, and celery; add dressing and toss. Season with additional pepper to taste.

▶ Cover and refrigerate 2 to 3 hours to allow flavors to blend. Toss before serving.

*NUTRITIONAL INFO PER SERVING: Calories 69, Fat 5g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 5g (Fiber 2g, Sugar 3g), Sodium 26mg*

### VARIATION

#### SPICY COLE SLAW

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

*NUTRITIONAL INFO PER SERVING: Calories 70, Fat 5g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 5g (Fiber 2g, Sugar 3g), Sodium 27mg*

### COMMENTS:

**1** Because sugar substitutes differ from sugar in sweetness, the amount needed depends on the sweetener used:

*Splenda or sugar - 1/3 cup*

*Fructose - 1/4 cup*

*For additional information, see Sweeteners, page 37.*

### TOTAL SODIUM AND FAT PER INGREDIENT

#### Sodium:

1 garlic clove - 1mg

1/2 t hot pepper sauce - 15mg

6 cups cabbage - 76mg

1 sweet onion - 9mg

1 carrot - 42mg

2 celery stalks - 64mg

#### Fat (Sat Fat):

3 T olive oil - 42mg (6mg)

6 cups cabbage - 1mg (0mg)