



Quick Low-Cal Cole Slaw



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

- 1/2 cup fat-free mayonnaise
- 2 Tablespoons cider vinegar
- 1 teaspoon Food Club Dijon mustard
- 2 teaspoons Food Club sugar (or sugar substitute if you prefer)
- 1/4 teaspoon celery seed (optional)
- 1 16-ounce bag of ready-shredded coleslaw mix

NUTRITIONALS

Nutritional analysis per serving:
 calories 35, calories from fat 5,
 total fat 0.5g, saturated fat 0g,
 cholesterol 0mg, sodium 180mg,
 total carbohydrate 7g,
 dietary fiber 1g, sugars 4g,
 protein 1g, vitamin A 4%,
 vitamin C 4%, calcium 0%,
 iron 0%

DIRECTIONS:

1. In a small bowl, whisk mayonnaise, cider vinegar, mustard, sugar and celery seed together.
2. Empty coleslaw mix into a large bowl. Pour dressing on top and toss. If you need to thin it a little, add a tablespoon or two of fat-free milk. Refrigerate until ready to serve.

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Shopping List

PRODUCE:

- 1-16 oz bag ready-shredded coleslaw mix

SPICES/SEASONINGS:

- Celery seed

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Fat-free mayonnaise
- Cider vinegar
- Food Club Dijon mustard
- Food Club sugar

FOLD