



Quick Low-Cal Cole Slaw



Where service *and savings* matter.

SERVINGS: 6

INGREDIENTS:

NUTRITIONALS

Per Serving: Calories 48, Calories from Fat 7, Total Fat 0.8g,(sat 0g), Cholesterol 3mg, Sodium 194mg, Carbohydrate 9.2g, Fiber 1.7g, Protein 1.1g

- ½ cup fat-free mayonnaise
- 2 Tbsp cider vinegar
- 1 tsp Food Club Dijon mustard
- 2 tsp Food Club sugar (or sugar substitute if you prefer)
- ¼ tsp celery seed (optional)
- 16 oz bag of ready-shredded cole slaw mix

DIRECTIONS:

In a small bowl, whisk mayonnaise, cider vinegar, mustard, sugar and celery seed together. Empty cole slaw 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 nonfat milk. Refrigerate until ready to serve.

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