

ASIAN SLAW

Makes 5 servings – 1/4 cup each

INGREDIENTS

3-1/4 cup packaged Cole Slaw mix
2 Tbsp. +2 tsp plain fat-free Greek yogurt
1-1/2 tsp. sugar
2 tsp. sesame oil
1 tsp. soy sauce
2-1/2 tsp. rice vinegar
1-1/4 tsp. mayonnaise, reduced fat/light
1/8 tsp. dry ginger
1/4 tsp. granulated garlic
Pinch salt

INSTRUCTIONS

1. Place Cole Slaw mix in large bowl.
2. Combine remaining ingredients.
3. Pour dressing over Cole Slaw mix and mix thoroughly.
4. Refrigerate until ready to serve.
5. Mix lightly before serving.

NUTRITIONAL FACTS: PER SERVING

Calories: 46	Calcium: 30 mg
Total Fat: 2.53 g	Protein: 1.45 g
Saturated Fat: 0.36 g	Carbohydrates: 4.37 g
Cholesterol: 0.40 mg	Dietary Fiber: 1.10 g
Sodium: 153 mg	

