Snappy Cole Slaw

Serving Size: ¾ Cup
Yield: 4 Servings

Ingredients:
- 2 cups shredded cabbage
- ¾ cup shredded carrots
- ¼ cup cider vinegar
- ¼ cup water
- 2 Tbsp sugar
- ½ tsp mustard
- ¼ tsp black pepper

Instructions:
1. Wash and shred the cabbage with a knife or grater. Put in a mixing bowl with the shredded carrots.
2. Bring the vinegar and water to a boil in a saucepan. Remove from heat and add other ingredients except cabbage and carrots to the saucepan.
3. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, then pour over the shredded cabbage and carrots.
4. Toss. Refrigerate until chilled to blend flavors. Refrigeration is required before serving.

Nutrition Per Serving:
- Calories 40, Calories from Fat 0, Protein 1g, Fat 0g (0g saturated), Carbohydrate 9g, Fiber 1g, Cholesterol 0mg, Sodium 5mg, Sugar 7g

Healthy Tip:
- Use a Crock pot for busy times.

See how to make all the recipes in this book on "Good Health IS Possible" DVD.