

Lunch or  
Side

# Snappy Cole Slaw

Cost: Per Recipe: \$1.48 Per Serving: \$0.37



For more healthy and affordable meals, check out [www.Crockpot.com](http://www.Crockpot.com)

## Snappy Cole Slaw

Serving Size:  $\frac{3}{4}$  Cup

Yield: 4 Servings

### Ingredients:

- 2 cups shredded cabbage
- $\frac{1}{4}$  cup shredded carrots
- $\frac{1}{4}$  cup cider vinegar
- $\frac{1}{4}$  cup water
- 2 Tbsp sugar
- $\frac{1}{2}$  tsp mustard
- $\frac{1}{4}$  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(sat 0g), 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.

**Eating right  
doesn't have to  
be complicated.  
Plan your  
meals ahead.**

- Plan for 3-A-Day - Eating three servings of milk, yogurt and cheese a day

- Use the My Pyramid food guide for planning healthy meals. Include foods from all the food groups.

- A variety of foods prevents boredom and is the best way to ensure your family gets the 40+ nutrients they need each day.

- Plan ahead.

- Stock pantry and refrigerator with healthy foods.

- Plan Family Meals. Children who eat with their families tend to have healthier eating patterns.

Call your local health department for more information.



A healthier today for a  
brighter tomorrow.  
[www.LCDHD.org](http://www.LCDHD.org)