



Vinaigrette Coleslaw

Recipe Source: Better Homes and Gardens

Servings: 2

Ingredients:

3 Tbsp cider vinegar
1 Tbsp sugar
2 Tbsp canola oil
½ tsp celery seeds
¼ tsp dry mustard
¼ tsp salt
Dash black pepper
4 cups shredded green and/or red cabbage
1 cup shredded carrots (2 medium)
¼ cup thinly sliced green onions (about 2)

Steps:

- For vinaigrette, combine vinegar, sugar, oil, celery seeds, mustard, salt, and pepper in a screw-top jar with a lid. Cover, and shake well.
- In a large bowl, combine cabbage, carrots, and green onions. Pour vinaigrette over top and toss lightly to coat.
- If time allows, cover and chill the coleslaw at least 2 hours, up to 24. Can also be served immediately.

Tips from the Test Kitchen: This is also great in a whole wheat pita pocket with some shredded chicken.

Nutritional Facts (Per Serving): Calories: 224, Carbohydrates: 22 grams, Protein: 3 grams, Total Fat: 15 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 364 mg, Fiber: 5 grams, Total Sugars: 14 grams.