



Sweet Country Coleslaw

Makes 4 servings

Ingredients

2 tablespoons fat-free sour cream
1 tablespoon sugar plus 1 teaspoon sugar
1 tablespoon light mayonnaise
1 teaspoon cider vinegar

¼ teaspoon celery seeds (optional)
⅛ teaspoon salt
⅛ teaspoon pepper
4 cups packaged shredded cabbage and carrot mix

Instructions

1. In a medium bowl, whisk together all the ingredients except the cabbage and carrot mix.

2. Stir in the cabbage and carrot mix until well coated. The mixture will be very thick. Let stand for 15 minutes before serving. The coleslaw will shrink in volume by about half during the standing time.

Nutrition Facts

Serving Size: ½ cup; Calories Per Serving 50; Total Fat 1 g; Cholesterol 3 mg; Sodium 128 mg; Carbohydrates 9 g; Protein 1g

Source: American Heart Association

