




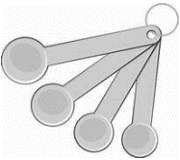

Easy Coleslaw

Makes 4-6 Servings; 1 cup per serving

Nutrients Per Serving:








120 Calories | 10 g Fat (1.5 g Saturated) | 6g Carbohydrates | 3 g Added Sugar | 1 g Protein | 170 mg Sodium | 1 g Fiber

Equipment Needed

 <p>Large mixing bowl</p>	 <p>Mixing spoon</p>	 <p>Rubber spatula</p>	 <p>Measuring spoons</p>	 <p>Whisk</p>
--	---	---	--	--

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1/4 cup light mayonnaise</p>	 <p>1 tablespoon sugar</p>	 <p>2 teaspoons lemon juice</p>	 <p>2 teaspoons vinegar</p>
 <p>1/2 (14-16 oz.) bag coleslaw mix</p>	 <p>1/8 teaspoon salt and pepper</p>	 <p>Optional: Chopped apples, raisins, mandarin orange</p>	

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



In a medium sized bowl add
1/4 cup light mayonnaise,
1 Tbsp sugar,
2 tsp lemon juice,
2 tsp vinegar, and
1/8 tsp salt and pepper.
Whisk together until
creamy.

3



Add coleslaw to the bowl
on top of mayonnaise
mixture.

4



Mix mayonnaise mixture
and coleslaw until coleslaw
is fully coated with
mayonnaise mixture.
If desired, add optional
fruit. Refrigerate leftovers
immediately.