



Smart Slaw

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 8

- 1 small head green cabbage, thinly sliced
- 1 bunch collard greens (about 8 ounces), stems removed and leaves thinly sliced
- 3 medium carrots, grated
- ¼ cup white vinegar
- ¼ cup reduced-fat mayonnaise
- ¼ cup nonfat yogurt
- ¾ teaspoon salt
- 2 teaspoons sugar
- ¼ teaspoon pepper

Directions

1. Put cabbage, collard greens, and carrots in a large bowl.
2. In a small bowl, mix together vinegar, mayonnaise, yogurt, salt, sugar, and pepper. Whisk with a fork.
3. Pour dressing on top of the vegetables and mix well.



Nutrition Facts (Serving size 1 cup): Calories-70; Protein-3g; Carbohydrate-13g; Total Fat-2g; Saturated Fat-0g; Cholesterol-0mg; Fiber-4g; Sodium-320mg; Vitamin C-120%; Vitamin A-120%; Iron-4%; Calcium-10%

Adapted from Washington State University Extension Food Sense

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What are 'cruciferous vegetables'?

These are vegetables in the cabbage family. They include bok choy, broccoli, brussels sprouts, kohlrabi, cauliflower, kale, mustard greens, radishes, and turnips. These vegetables are low in calories and high in fiber, vitamins, and minerals. They also contain 'phyto' or 'plant' chemicals that promote healthy intestines. They also are protective against some cancers.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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Food Sense
Nutrition Education for Audiences with Limited Resources



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