

Super Summer Slaw

Prep: 15 minutes

Chill: 1 hour

Ingredients:

1/4 cup seasoned rice vinegar

2 tsp. lime juice

1 cup jicama cut into matchstick-sized strips (about 1/4th of a jicama)

1 cup zucchini cut into matchstick-sized strips (about 1 medium zucchini)

1 cup yellow squash cut into matchstick-sized strips (about 1 medium squash)

1 cup shredded carrot

1/2 cup pineapple tidbits packed in juice (not drained)

2 tbsp. chopped fresh cilantro



Directions:

In a large bowl, combine vinegar with lime juice. Mix well.

Add all remaining ingredients, and toss to coat.

Cover and refrigerate until chilled, at least 1 hour.

MAKES 4 SERVINGS

1/4th of recipe (about 1 cup):

75 calories,

0 g Fat

18 g Carbohydrate

1 g Protein