

# Coleslaw – Honor the Gift of Food

## Ingredients

- 1 (16 ounce bag) shredded cabbage (or 1 medium head of cabbage)
- 1 cup shredded carrots
- 3 stalks of celery
- 1/3 cup chopped onion
- 2/3 cup low fat mayonnaise
- 3 tablespoons vinegar
- 3 packets of sugar substitute
- 1 ½ tsp salt



## Directions

Mix cabbage, carrots, celery, and onions in a large bowl.

In a small bowl, whisk together mayonnaise, vinegar, sugar substitute, and salt.

Pour dressing over cabbage mix and toss to coat well. Cover and refrigerate at least 1 hour to allow coleslaw to “soften.” Stir well before serving.

Nutrition Facts	
Servings: 10	
Amount per serving	
<b>Calories</b>	<b>77</b>
% Daily Value*	
<b>Total Fat</b> 5.4g	7%
Saturated Fat 0.6g	3%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 521mg	23%
<b>Total Carbohydrate</b> 6.3g	2%
Dietary Fiber 2g	7%
Total Sugars 2.8g	
<b>Protein</b> 1g	