

Cole Slaw with Yogurt Dressing

Ingredients:

1/2 cabbage head,
 shredded
 6 ounces vanilla yogurt,
 nonfat
 2 carrots, grated
 1/4 cup raisins
 1/4 cup peanuts
 1 tablespoon orange juice

Equipment:

Grater
 Large bowl
 Small bowl
 Spatula
 Measuring spoons
 Measuring cups

Number of Servings: 8
 Prep Time: 15 minutes
 Total time: 1 hour & 15 minutes

Directions

1. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Place on a cutting board with the core facing up, and cut in half, through the core. Lay the half on the flat side, and cut in half again, through the core. Lay the quarter on a flat side and cut out the white core center. Keeping your fingers curved so they do not get cut and start slicing thin layers of cabbage off the quarter until all cut up. Cut up the remaining quarters the same way. Add to medium bowl.
2. Wash carrots. Use a grater to shred carrots into small pieces, add to bowl.
3. Add raisins and peanuts to bowl.
4. In a small bowl, combine yogurt and orange juice, mix well.
5. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.
6. Cover and refrigerate for at least an hour.

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Nutrition Facts

Serving Size: 1 cup			
Servings: 8			
Amount Per Serving		Calories from Fat 18	
Calories 82			
		%Daily Value*	
Total Fat 2g			4%
Saturated Fat trace 1g			1%
Cholesterol 0mg			0%
Sodium 32mg			1%
Total Carbohydrate 13g			4%
Dietary Fiber 2g			10%
Protein 3g			7%
Vitamin A 103%		Vitamin C 35%	
Iron 4%		Calcium 8%	

*Percent Daily Values are based on a 2,000 calorie diet.

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