



Rainbow Coleslaw

Pack with Oven Fried Chicken for a tasty picnic lunch.



INGREDIENTS

2 cups thinly sliced red cabbage	½ cup chopped red onion
2 cups thinly sliced green cabbage	½ cup fat free mayonnaise
½ cup chopped yellow or red bell pepper	1 tablespoon red wine vinegar
½ cup shredded carrots	¼ teaspoon celery seed (optional)
	½ cup lowfat Cheddar cheese, cut into bite-size cubes

PREPARATION

1. In a large bowl, combine all the vegetables.
2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
3. Pour the dressing over the vegetable mixture and toss until well coated.
4. Toss salad with cheese and serve chilled.



Makes 12 servings. ½ cup per serving.

Prep time: 15 minutes

Nutrition information per serving: Calories 30, Carbohydrate 4 g,
Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg