

# SNAPPY COLESLAW

*Sourced from USDA MyPlate*

**TOTAL PREP TIME: 5 MINUTES | COOK TIME: 10 MINUTES**  
**SERVINGS: 4 | SERVING SIZE: 3/4 CUP OR 1/4 RECIPE**

## NUTRITION FACTS

37 calories  
Total Fat: 0g  
Saturated Fat: 0g  
Carbohydrates: 9g  
Fiber: 1g  
Protein: 0g  
Sodium: 15mg  
Cholesterol: 0mg

## INGREDIENTS

- 2 cups cabbage (shredded)
- 1/4 cup cider vinegar
- 1/4 cup water
- 2 tablespoons sugar
- 1/2 teaspoon mustard
- 1/4 teaspoon black pepper

## DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Wash and shred the cabbage with a knife or grater. Put in a mixing bowl.
3. Bring the vinegar and water to a boil in a saucepan. Remove from heat and add other ingredients except cabbage to the saucepan.
4. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, then pour over the shredded cabbage.
5. Toss. Refrigerate until chilled to blend flavors.



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## NUTRITION AND RECIPE TIPS

- Make this coleslaw in a snap. The recipe can be doubled easily and made a day in advance to let the flavors blend. Cabbage is a sturdier green that will stay crunchy in the fridge longer than lettuce or spinach, making it a great option for preparing in advance for lunches or dinners.
- This recipe is lighter than traditional coleslaw which is made with mayonnaise.
- Try adding a chopped apple for more color and crunch to your coleslaw.
- Short on time? Purchase a prepackaged bag of chopped cabbage or slaw mix.
- Cabbage contains **antioxidants** that may help our bodies fight disease. The more colorful your cabbage salad is, the more types of antioxidants you will eat. Did you know purple cabbage is higher in antioxidants than green cabbage?