

Coleslaw

This “picnic” and summertime favorite contains reduced amounts of fat (lower fat mayonnaise) and sodium. Contributors: Los Angeles Healthy African American Families’ staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1	Teaspoon	Celery seeds	
5	Cups	Cabbage	Shredded
1	Cup	Carrots	Shredded
1	Teaspoon	Onion powder	
1	Tablespoon	White vinegar	
½	Teaspoon	Pepper	
¾	Cup	Low fat mayonnaise	(20 calories per tablespoon)
1	Tablespoon	Sugar substitute	

1. Combine celery flakes, onion powder, vinegar, pepper and mayonnaise.
2. Mix well.
3. Add cabbage and carrots. Mix well.
4. Chill until served.

Yield: Six (6) 1/2 cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	70	220 mg (11%)	4g (6%)			1 g (4%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org