

Sweet and Sour Cole Slaw

Sodium Per Serving – 26mg
Serves 8

Dressing:

3 tbsp extra-virgin olive oil
2 tbsp cider vinegar
1 tbsp lemon or lime juice
1/4–1/3 cup sugar or sugar substitute*
1 garlic clove, minced
1/2 tsp hot pepper sauce, such as Tabasco, or
1/4 tsp crushed red pepper flakes
1/2 tsp garlic or onion powder
1/4 tsp ground black pepper

Salad:

6–8 cups (1 medium head) green cabbage, shredded, or 1 (16-oz) package cole slaw mix
1 small sweet onion, chopped, such as Vidalia
1 large carrot, grated
2 celery stalks, chopped

1. *For the dressing:* Blend together the oil, vinegar, lemon juice, sweetener, garlic, hot pepper sauce, garlic powder, and black pepper, either by whisking in a small bowl or by shaking well in a screw-top jar.
2. *For the salad:* In a large bowl, combine cabbage, onion, carrot, and celery; add dressing and toss. Season with additional pepper to taste.
3. Cover and refrigerate 2 to 3 hours to allow flavors to blend. Toss before serving.

NUTRITIONAL INFO PER SERVING: Calories 69, Fat 5g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 5g (Fiber 2g, Sugar 3g), Sodium 26mg

Variation:

Spicy Cole Slaw

For a spicy taste, add 1/2 tsp ground cumin to the dressing and 1/4 cup chopped cilantro to the salad.

NUTRITIONAL INFO PER SERVING: Calories 70, Fat 5g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 5g (Fiber 2g, Sugar 3g), Sodium 27mg

***Recipe Notes**

1. If using a sugar substitute, the amount needed differs depending on the sweetener used (see [Sugar and Sugar Substitutes](#) for conversion amounts).