



Slaw & Order

PER SERVING (1/2 of recipe, 1 heaping cup): 148 calories, 3g fat, 610mg sodium, 24.5g carbs, 6g fiber, 10g sugars, 8g protein -- **PointsPlus™** value 4*

Prep: 5 minutes

Cook: 15 minutes

Ingredients:

- One 12-oz. bag (4 cups) dry broccoli cole slaw
- 1 cup low-fat creamy tomato soup (like Amy's Chunky Tomato Bisque) or canned crushed tomatoes
- 1 tsp. chopped garlic, or more to taste
- Dash onion powder, or more to taste
- Dash each salt and black pepper, or more to taste
- Dash crushed red pepper, or more to taste
- 3 tbsp. reduced-fat Parmesan-style grated topping, divided

Directions:

Bring a skillet sprayed with nonstick spray to medium-high heat on the stove. Add slaw and 1/4 cup water. Stirring occasionally, cook until water has evaporated and slaw has softened slightly, about 5 - 8 minutes.

Add soup/tomatoes, garlic, spices, and 2 tbsp. grated topping. Stir and continue to cook until hot, about 3 - 4 minutes.

Season to taste with additional spices, if you like. Top with remaining 1 tbsp. grated topping. Enjoy!

MAKES 2 SERVINGS



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