



Slammin' Slaw



2/3 cup: 49 calories, <0.5g total fat (0g sat. fat), 304mg sodium, 9.5g carbs, 2g fiber, 5g sugars, 1g protein

Prep: 5 minutes

Chill: 3 hours



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Ingredients

One 16-oz. package cole slaw mix, dry (or 6 cups shredded cabbage mixed with 1 cup shredded carrots)
1/4 cup fat-free mayonnaise
1/4 cup fat-free sour cream
2 1/2 tbsp. seasoned rice vinegar
1 tsp. Dijonnaise
2 no-calorie sweetener packets (like Splenda)
1/4 tsp. seasoned salt (like Lawry's)
salt and pepper, to taste

Directions

To make dressing, combine mayo, sour cream, rice vinegar, Dijonnaise, sweetener, and seasoned salt. Mix well.

Place cole slaw mix in a large bowl. Add dressing and stir until all of the slaw is thoroughly coated.

Cover and refrigerate for at least 3 hours. (For best flavor, make slaw the night before you plan to serve it.)

Then just give it a good stir, and season to taste with salt and pepper. Enjoy!

MAKES 6 SERVINGS

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