

Coleslaw

Diabetes Friendly

Items Needed: knife, cutting board, mixing bowl, measuring cups and spoons, (optional: box grater)

Serves: 10

Ingredients:

- 5 cups thinly sliced cabbage
 - This can be all green cabbage, a mix of green and purple, other options you could add would be broccoli, cauliflower, or kale.
- 1 cup of sliced carrot
- ½ cup of mayo
- 1 tbsp vinegar (apple cider vin is my preferred.)
- Pinch of salt and pepper

Other Additions to consider: onion, radishes, celery, asparagus in the spring time, fresh spring peas. Lemon juice/zest. Yogurt based dressing are a great options as well.

Directions:

1. Thinly slice all of your cabbage, veggies in whatever way you would like to enjoy them. You can also use a box grater if you prefer a more thin shred of cabbage.
2. Toss with Mayo, Vinegar, salt and pepper.
3. Add other veggies to make this traditional side a seasonal special.

Nutrition Information (per 1/10th recipe):

Calories: 25 Fat: 0.5 g Carbs: 4 g Protein: 1.9 g Fiber: 1.4 g Sodium: 35 mg

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