

Healthy Chopped Slaw

1/2 head green cabbage (about 1 pound), shredded on a box grater
1/2 head purple cabbage (about 1 pound), shredded
Kosher salt, plus 1 teaspoon
1 carrot, shredded (1 cup)
1/2 teaspoon celery seeds
1/2 cup low-fat mayonnaise
2 tablespoons whole-grain mustard
3 tablespoons dark brown sugar
3 tablespoons pineapple juice
1/2 cup low-fat buttermilk
Freshly ground black pepper
1/4 teaspoon cayenne

Mix the 2 cabbages together in a large colander. Salt cabbage generously and put in the sink to drain for about 1 hour. Rinse cabbage under cold water and pat very dry. Mix the carrot with the cabbage.

Toast celery seeds in a dry skillet over medium heat; cool. Whisk the mayonnaise, mustard, brown sugar, pineapple juice, buttermilk, celery seeds, 1 teaspoon salt, pepper, to taste, and cayenne in a large bowl. Add the cabbage, tossing to coat. Serve immediately or refrigerate until needed.

Copyright 2004 Television Food Network, G.P. All rights reserved.

Nutritional Analysis per serving

Fat 2 grams

Carbohydrates 24 grams

Protein 3 grams

Calories 119

Saturated Fat 0 grams

Fiber 4 grams

Recipe Summary

Difficulty: Easy

Prep Time: 25 minutes

Inactive Prep Time: 1 hour

Cook Time: 5 minutes

Yield: 6 servings