

Snappy Cole Slaw

Rating: ★★☆☆

Cook time: 20 minutes

Makes: 4 servings

Ingredients

- 2 cups** cabbage (shredded)
- 1/4 cup** cider vinegar
- 1/4 cup** water
- 2 tablespoons** sugar
- 1/2 teaspoon** mustard
- 1/4 teaspoon** black pepper

Directions

1. Wash and shred the cabbage with a knife or grater. Put in a mixing bowl.
2. Bring the vinegar and water to a boil in the saucepan. Remove from heat and add other ingredients except cabbage to the saucepan.
3. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, then pour over the shredded cabbage.
4. Toss. Refrigerate until chilled to blend flavors.

Notes

Refrigeration is needed before serving.

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	9 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	10 mg	0%