



February CABBAGE



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Creamy Coleslaw

ACTIVE: 20 MIN **TOTAL:** 20 MIN

TO MAKE AHEAD: The coleslaw will keep, covered, in the refrigerator for up to 2 hours.

Red and green cabbage and bright orange carrots make a colorful, healthful combination. For an especially nutty flavor, use Savoy instead of regular green cabbage.

- 3 tablespoons reduced-fat mayonnaise
- 3 tablespoons nonfat plain yogurt
- 1 tablespoon Dijon mustard
- 2 teaspoons cider vinegar
- 1 teaspoon sugar
- ½ teaspoon caraway seed or celery seed (optional)
- Salt & pepper to taste
- 2 cups shredded red cabbage (¼ of a small head)
- 2 cups shredded green cabbage (¼ of a small head)
- 1 cup grated carrots (2 medium)

Combine mayonnaise, yogurt, mustard, vinegar and sugar in a large bowl. Add caraway seed (or celery seed), if using. Season with salt and pepper. Add cabbage and carrots and toss well.

SERVES 6: ABOUT ¾ CUP EACH

Calories 48, Fat 2g (sat 0g), Cholesterol 2mg, Carbs 8g, Total sugars 4g (added 1g), Protein 1g, Fiber 2g, Sodium 171mg, Potassium 181mg.
Nutrition bonus: Vitamin A (67% daily value), Vitamin C (38% dv).