



## Snappy Coleslaw

Serving size, 3/4 cup

Yield: 4 Servings

### Ingredients:

2 cups shredded cabbage

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, and then pour over the shredded cabbage.
4. Toss. Refrigerate until chilled to blend flavors.

**Nutrition Facts:** Calories, 40; Calories from Fat, 0; Total Fat, 0g; Saturated Fat, 0g; Trans Fat, 0g; Cholesterol, 0mg; Sodium, 5mg; Total Carbohydrate, 9g; Dietary Fiber, 1g; Sugars, 7g; Protein, 1g.

**Source:** Adapted by Alice Henneman, University Nebraska-Lincoln Extension, from: Eating Right is Basic, Nutrition Education Program, Michigan State University Cooperative Extension Service.



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