

Blue-Ribbon Coleslaw

40
MINUTES
TOTAL

10
MINUTES
ACTIVE

4
TOTAL
SERVINGS

INGREDIENTS

1/3 cup reduced-fat mayonnaise
3 tablespoons sweet chili sauce
2 teaspoons seasoned rice vinegar
1/4 cup presliced green onions
4 cups cabbage, thinly sliced
1 cup matchstick carrots

STEPS

1. Combine in large bowl: mayonnaise, chili sauce, rice vinegar, and green onions; whisk until blended.
2. Stir cabbage and carrots into dressing; toss until blended. Chill 30 minutes.

CALORIES (per 1/4 recipe) 120kcal; FAT 5g; SAT FAT 0g; TRANS FAT 0g; CHOL 5mg; SODIUM 380mg; CARB 17g; FIBER 3g; SUGARS 12g; PROTEIN 1g; VIT A 100%; VIT C 50%; CALC 4%; IRON 2%

OTHER PREPARATION

Sauté: Preheat large sauté pan on medium-high. Chop 4 cups cabbage coarsely. Place 2 tablespoons garlic-herb butter in pan, then add cabbage, 1 teaspoon cider vinegar, and 1/2 teaspoon salt; cook 3-4 minutes, stirring occasionally, or until tender.

Braise: Combine in large saucepan on medium-low: 4 cups chopped cabbage, 1 (10.5-oz) can diced tomatoes with green chiles (undrained), 1/2 cup raisins, 1/2 cup water, and 1 tablespoon lime juice. Cover pan; cook 30-35 minutes or until tender.



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