

# Slimmer slaw

A picnic staple gets all light and tangy.

By Shaun Chavis



Photo (page 212): Yunhee Kim, Food styling: Jamie Kimm, Prop styling: Denise Canter, Photos (page 213), left to right: © Food Image Source/FoodCollection, Shutterstock/FoodCollection

You save:  
**237**  
calories  
**27**  
grams fat

## { LIGHTEN UP }

### Spicy-Sweet Slaw

Prep: 10 minutes

Makes 6 servings

#### Slaw:

- 4 cups packaged cabbage-and-carrot coleslaw
- 1 1/4 cups red bell pepper, cut into 2-inch strips (1 pepper)
- 1/2 cup diagonally cut scallions
- 1 cup halved grape or cherry tomatoes

#### Vinaigrette:

- 2 tablespoons prepared horseradish
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 tablespoon canola oil

**1.** In a large bowl, toss the cabbage-and-carrot coleslaw, red bell pepper, scallions, and grape tomatoes together. Set aside.

**2.** Combine the horseradish and next four ingredients (through salt) in a small jar and shake until blended. Remove the lid and add the canola oil. Shake again. Or whisk the ingredients together in a small bowl.

**3.** Pour dressing over the salad and toss to coat vegetables. Serve immediately, or refrigerate until ready to serve. (Serving size: 1 cup)

Calories 59 (36% from fat); Fat 2.5g (sat 0g, mono 1g, poly 1g); Cholesterol 0mg; Protein 1g; Carbohydrate 9g; Sugars 6g; Fiber 2g; Iron 0mg; Sodium 217mg; Calcium 32mg

## The secret?

Replace mayo



with our vinaigrette, which has just 1 tablespoon of oil.



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