

Farmer's Market 2004



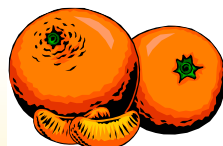
Cooperative Extension
of Chemung County

Human Resources Center
425 Pennsylvania Ave.
Elmira, N.Y. 14904

607-734-4453
Fax: 607-734-7740
www.cce.cornell.edu/chemung



ESNY



Citrus Dressed Coleslaw

Serves 8

For The Dressing

6 cups shredded red cabbage (1½ pounds)	¼ cup nonfat plain yogurt
½ teaspoon salt	3 tablespoons reduced-calorie mayonnaise
½ teaspoon black pepper	2 tablespoons fresh orange juice
¼ teaspoon ground ginger	1 tablespoon fresh lemon juice
Orange peel strips for garnish	1 tablespoon grated orange peel

- 1. To prepare dressing, in a large bowl, combine yogurt, mayonnaise, orange juice, lemon juice, and orange peel. Mix until well blended.**
- 2. Add red cabbage to dressing; toss to coat. Add salt, pepper and ginger. Mix well.**
- 3. Spoon coleslaw into a serving bowl or onto a platter. Garnish with orange peel strips. Serve immediately.**

VARIATIONS: There are dozens of ways to garnish coleslaw. Try adding vegetables such as shredded carrots, sliced radishes, or chopped celery. Or, toss in fresh fruit such as diced apple, chopped orange sections, or pineapple for colorful complements. Then, add extra crunch by sprinkling coleslaw with lightly toasted sesame seeds, or a few chopped peanuts.

Nutrition Facts: 34 Calories (31% from Fat), 5 g Carbohydrate, 1 g Protein, 174 mg Sodium, 1 g Fat, 2 mg Cholesterol.

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