

simply delicious coleslaw

Serves: 4 generously

Prep time: 10 min

Per serving: 228 calories, 19 g fat, 679 mg sodium

1 1/4 cup regular or reduced-fat mayonnaise

1/3 cup sugar

1/2 tsp salt, or more to taste

1/4 cup cider vinegar or distilled white vinegar, or more to taste

1 very small head green cabbage, or 1/2 large head (about 1 pounds), or 1 package coleslaw mix

1/4 tsp celery seed (optional)

1/4 tsp black pepper

1. Combine the mayonnaise, sugar, vinegar, salt, and black pepper in a large bowl and whisk well.
2. Halve the cabbage and remove and discard the core. Coarsely chop the cabbage and add it to the bowl. Stir until the cabbage is well coated with the dressing. (At first it may not seem as if there's enough dressing. Just keep stirring—the dressing will seem to expand as the cabbage gives off moisture.)
3. Serve at once or refrigerate until ready to serve, up to 24 hours.

Vary It! Smuggle in more veggies by adding in grated carrots! It adds both nutrients and color!

