

SWEET CABBAGE SALAD

from health.com

(yields 6 servings)

Ingredients

- 6 cups shredded **cabbage** (about 1/2 head)
- 1 cup shredded **carrot** (about 1 medium)
- 1 cup chopped **green bell pepper** (about 1 medium)
- 1/2 cup chopped **red onion**
- 1/2 cup **sugar**
- 1/2 cup **white wine vinegar**
- 2 Tbsp **olive oil**
- 1 tsp **dry mustard**
- 1/2 tsp **celery seeds**
- 1/2 tsp **salt**



Preparation

- 1.** Combine cabbage, carrot, bell pepper and onion in a large bowl; toss well.
- 2.** Combine sugar and remaining ingredients in a small bowl, stirring with a whisk.
- 3.** Pour vinegar mixture over cabbage mixture, tossing gently to combine. Cover; chill 1 hour.

NOTE Serve this light, crisp side dish to complement barbecue food or other summer dishes. It's a healthy, low-fat version of cole slaw.