

Zucchini Slaw

Recipe Type: Side dish

Serves: 5

Prep Time: 25 minutes

Cooking Time: None

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 C zucchini, shredded
- 2 C red cabbage, shredded
- 1 carrot, shredded
- 1 green pepper, sliced
- $\frac{1}{3}$ C low-fat mayonnaise
- $\frac{1}{3}$ C mild salsa

What to do:

1. Wash your hands.
2. Dry the zucchini using paper towels.
3. Put the zucchini, cabbage, carrot and pepper into a bowl.
4. In another bowl mix the mayonnaise and the salsa together.
5. Pour the dressing over the veggies and mix well.
6. Cover and place in the fridge for at least 1 hour and then serve cold.
7. Enjoy!

Note: To spice it up, use hot salsa.



This is a picture of 1 serving.

Contains Egg

Nutrition Facts

5 servings per container

Serving size **3/4 Cup (141g)**

Amount per serving

Calories **70**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **11%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 1g Added Sugars **2%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 38mg **2%**

Iron 1mg **6%**

Potassium 272mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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