

Adapted from Washington State University Extension Food Sense
Nutrition Facts (Serving size 1 cup): Calories-70; Protein-3g; Carbohydrate-13g; Total Fat-2g; Saturated Fat-0mg; Cholesterol-0mg; Fiber-4g; Sodium-320mg; Vitamin C-120%; Vitamin A-120%; Iron-4%; Calcium-10%

¼ teaspoon pepper

2 teaspoons sugar

¾ teaspoon salt

¼ cup nonfat yogurt

¼ cup reduced-fat mayonnaise

¼ cup white vinegar

3 medium carrots, grated

and leaves thinly sliced

8 ounces), stems removed

1 bunch collard greens (about

cabbage, thinly sliced

1 small head green

Directions

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 8

3. Pour dressing on top of the vegetables and mix well.

2. In a small bowl, mix together vinegar, mayonnaise, yogurt, salt, sugar, and pepper. Whisk with a fork.

1. Put cabbage, collard

greens, and carrots in a

large bowl.



Smart Slaw

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Smart Slaw

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 8

- 1 small head green cabbage, thinly sliced
- 1 bunch collard greens (about 8 ounces), stems removed and leaves thinly sliced
- 3 medium carrots, grated
- ¼ cup white vinegar
- ¼ cup reduced-fat mayonnaise
- ¼ cup nonfat yogurt
- ¾ teaspoon salt
- 2 teaspoons sugar
- ¼ teaspoon pepper

Directions

1. Put cabbage, collard greens, and carrots in a large bowl.
2. In a small bowl, mix together vinegar, mayonnaise, yogurt, salt, sugar, and pepper. Whisk with a fork.
3. Pour dressing on top of the vegetables and mix well.



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These are vegetables in the cabbage family. They include bok choy, broccoli, brussels sprouts, kohlrabi, cauliflower, kale, mustard greens, radishes, and turnips. These vegetables are low in calories and high in fiber, vitamins, and minerals. They also contain 'phyto' or 'plant' chemicals that promote healthy intestines. They also are protective against some cancers.

What are 'cruciferous vegetables'?



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