



## *Red Cabbage Coleslaw*

### **Ingredients:**

- 1 small head red cabbage, finely sliced
- 4 medium tomatoes, cut into small cubes
- 2 cups frozen sweet corn, thawed
- 1 cup sliced radishes, cut into strips
- 1 cup sweet onion, finely chopped
- ½ cup fresh cilantro, chopped
- ½ cup non-fat plain yogurt
- ¼ cup light mayonnaise
- ¼ cup lemon juice
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper

In a large bowl, mix together cabbage, tomatoes, corn, radishes, onion & cilantro; set aside. In another small bowl, combine remaining ingredients and pour over vegetables; toss until vegetables are well-coated with dressing.

Makes 16 (one cup) servings.

**Each Serving provides:** Calories: 70

Total Fats: 2 g (< 1 g cholesterol or saturated fat)

Sodium: 55 mg

Fiber: 3 g

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