

## Sweet Country Coleslaw

**Serves 4 (½ cup per serving)**

### **Ingredients:**

2 tablespoons fat-free or light sour cream  
1 tablespoon plus 1 teaspoon sugar  
1 tablespoon fat-free or light mayonnaise  
1 teaspoon cider vinegar  
¼ teaspoon celery seeds (optional)  
⅛ teaspoon salt  
⅛ teaspoon pepper  
4 cups packaged shredded cabbage and carrot mix

### **Directions:**

1. In a medium bowl, stir together all the ingredients except the cabbage and carrot mix.
2. Stir in the cabbage and carrot mix until well coated. (The mixture will be very thick.)
3. Let stand for 15 minutes before serving. (The coleslaw will shrink in volume by about half.)

### **Nutritional Analysis:**

Calories 44  
Protein 1 g  
Fat 0 g  
Saturated Fat 0 g  
Total Carbohydrate 9 g  
Sodium 126 mg  
Cholesterol 2 mg  
Fiber 1 g  
Sugar 7 g