Healthy Recipe of the Month: May 2007

Overnight Coleslaw
At a family potluck, someone brought this delicious coleslaw. It can be made a day in advance and is delicious! With all the latest research pointing to the benefits of cruciferous vegetables and the prevention of some cancers, this cabbage based recipe is a healthy one. Adjust the sugar and oil content to meet your tastes. Here’s to healthy eating!

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: Nancy’s Home Recipe

Overnight Coleslaw
Serves: 8
Cook time: 5 minutes
Ready Overnight

Ingredients

- 1 head of cabbage, finely shredded, about 4 cups
- 1/3 to 1/2 cup sugar
- 1/2 cup white vinegar
- 1 Tbsp. celery seeds
- 1 Tbsp. dry mustard
- 1/2 cup canola oil

Directions

1. Put shredded cabbage in bowl. Sprinkle with sugar.
2. In a small saucepan, bring vinegar, celery seeds, and dry mustard to boil.
3. Turn off burner, and stir in oil.
4. Pour mixture over cabbage and toss lightly.
5. Refrigerate overnight.
6. Next day, stir and serve. This coleslaw stays fresh for 4-5 days in the refrigerator.

Nutrition Facts
Serving Size (74g) Servings Per Container

Amount Per Serving % Daily Value
Calories 170 Calories from Fat 130
Total Fat 15g 23%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 10mg 0%
Total Carbohydrate 11g 4%
Dietary Fiber 1g 4%
Sugars 8g
Protein 1g 0%

Vitamin A 0% • Vitamin C 25%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat Less than 65g 40g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4