

#### Ingredients (8 servings)

- 1/4 1/3 head of cabbage (Napa or green)2 medium carrots
- <sup>1</sup>/<sub>4</sub> cup raisins
- <sup>1</sup>/4 cup peanuts (chopped)
- <sup>1</sup>/<sub>2</sub> cup low- or fat-free vanilla yogurt
- 1 tablespoon orange juice

# For fun and color

Combine <sup>1</sup>/<sub>8</sub> head each red and green cabbage. Add 2 tablespoons multi-colored minimarshmallows.

#### Instructions

- 1. Remove the tough outer leaves. Slice and cut cabbage into thin strips. Place strips in large bowl.
- **2.** Peel and grate or thinly slice carrots. Add to bowl.
- **3.** Add the raisins and peanuts to the bowl. Toss to mix.
- **4.** Combine yogurt and orange juice in small bowl.
- **5.** Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

## Nutrition Information per serving

70 calories, 2.5 g fat, 0 g sat fat, 2 g protein, 11 g carbohydrate, 2 g fiber, 30 mg sodium

### CABBAGE

**Choose:** cabbage heads that are firm and dense with shiny, crisp, colorful leaves free of cracks, bruises, and blemishes.

**Store:** the whole head in a plastic bag in the crisper of your refrigerator for 1-2 weeks. If you need to store part of a head of cabbage, cover it tightly with plastic and refrigerate.

How much? One head of cabbage weighs about 3-4 pounds.

Source: Adapted from Cornell Cooperative Extension. Cooking Up Fun! Pyramid of Snacks. (1998). Confetti Slaw. What's Cooking? USDA Mixing Bowl.



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