



Confetti Slaw

Ingredients

1/4	head of cabbage (green)
2	carrots
1/4 cup	raisins
1/4 cup	peanuts
1/2 cup	yogurt, vanilla
1 tablespoon	orange juice

Yield	8 servings
Serving	1/2 cup

Cost per recipe: \$1.13

1. Slice and cut cabbage into thin strips. Place pieces in large mixing bowl.
2. Peel and grate carrots. Add to mixing bowl.
3. Measure raisins and peanuts. Add to mixing bowl.
4. Mix all ingredients together.
5. Combine yogurt and orange juice in small bowl.
6. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

Try This!

- Combine 1/8 head each red and green cabbage.
- Try a different flavor yogurt and juice.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS-Community Service office. This institution is an equal opportunity provider and employer. 10/12

Nutrition Facts	
Serving Size 1/2 cup prepared slaw, 1/8 of recipe (74g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 50%	Vitamin C 30%
Calcium 4%	Iron 2%

*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	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

For more recipes, visit



Ensalada Colorida de Col

Ingredientes

1/4	cabeza de col (pequeña)
2	zanahoria
1/4 taza	pasitas
1/4 taza	cacahuates
1/2 taza	yogurt de vainilla
1 cucharada	jugo de naranja

Rinde:	8 porciones
Tamaño de servido:	1/2 taza

Por receta: \$1.31

Por servido: \$0.31

1. Rebane y corte la col en tiras delgadas. Coloque las tiras en un tazón grande para mezclar.
2. Pele y raye las zanahorias. Agregue al tazón.
3. Agregue el 1/4 taza de pasitas y 1/4 taza de cacahuates al tazón.
4. Mezcle todos los ingredientes.
5. Combine el yogurt y el jugo de naranja en un tazón pequeño.
6. Agregue la mezcla anterior a la mezcla de col, revolviendo constantemente para combinar bien los ingredientes.

Intente esto!

- Combine 1/8 cabeza de col roja y la misma cantidad de col verde.
- Intente otro sabor de yogurt y jugo.



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