



Confetti Slaw

Ingredients

¼ small head green cabbage
2 carrots
¼ cup raisins
1/8 cup peanuts
½ cup low fat vanilla yogurt
1 Tablespoon orange juice

Makes 4 servings

Create-A-Flavor Changes

Add your own ideas, too!

- Combine 1/8 head each red and green cabbage.
- Add 2 Tablespoons mini-marshmallows.
- Try a different flavor yogurt and juice.

Instructions

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.

Note

- Can use other nuts in place of peanuts.
- If desired garnish with orange slices.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 4g	
Vitamin A 100%	Vitamin C 60%
Calcium 10%	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:

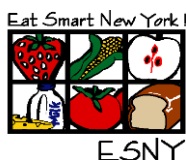
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

19% calories from fat

Source: Cooking Up Fun! A Pyramid of Snacks, Cornell University, 1998.

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