

Country Buttermilk Slaw

Side Dish

Serves 6

Prep time: 20 minutes

This sweet and tangy country slaw adds a refreshing crunch to any meal. Serve along with the Bean and Smoked Cheddar Salad at your next backyard barbecue.

Ingredients

- 1/2 cup lowfat buttermilk, shaken
- 2 tablespoons light mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 large green onions, thinly sliced
- 1 pound Napa cabbage, cored and thinly sliced crosswise (4 cups)
- 6 radishes, thinly sliced
- 2 celery stalks, thinly sliced

Preparation

Whisk together buttermilk, mayonnaise, vinegar, sugar, salt, and pepper in a large bowl until sugar has dissolved.

Add green onions, cabbage, radishes, and celery; toss to coat with dressing.

Nutrition Information

Per serving: 70 calories, 4 g total fat, 0.5 g saturated fat, 170 mg sodium, 6 g carbohydrates, 1 g fiber, 2 g protein, 68 mg calcium

Provided by:
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