**Get Your Cabbage On**

You can prepare your cabbage by sautéing or baking it, but the easiest way to enjoy it is coleslaw.

Enjoy 1 cup of raw or cooked cabbage with only 17 calories. Cabbage is energy dense; you get more volume for less calories and feel full after a meal.

Coleslaw gets a bad rap as a mayo covered calorie bomb, but there are recipes to make coleslaw lighter and healthier (yogurt, oil and vinegar) and add almost any other superstar vegetable (broccoli, carrots, peppers).

**Light and Tangy Coleslaw**

Makes 8 servings

**Ingredients:**
- 12 ounce package shredded cabbage or 5 cups shredded (one small head of cabbage)
- 1/2 cup grated carrots
- 1/3 cup minced scallions (optional)
- Dressing:
  - 2 tbsp. cider vinegar
  - 1-1/2 tbsp. fresh lemon juice (optional)
  - 1 tbsp. canola or peanut oil
  - 1 tbsp. sugar
  - Salt & pepper to taste

**Preparation:**
In large bowl toss together all slaw ingredients, and in separate smaller bowl stir dressing ingredients to combine well. Pour dressing over slaw and toss. Enjoy!

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