



## Fit50 Colorful Cole Slaw

It looks pretty, therefore it tastes delish. 😊 We eat our food with our eyes first, and this dish is one of my favorites for that. LOTS of variety in color and texture, and very fresh tasting with a splash of healthy fats. Dig in!

### Ingredients

6 cups of green cabbage, shredded (thin!!)

½ cup green pepper, chopped

½ cup red onion, chopped

¼ cup canola oil

2 TBSP water

1 TBSP stevia-based sweetener (i.e., Truvia)

1 ½ cups red cabbage, shredded

½ cup red pepper, chopped

1 ¼ cup carrots, finely chopped

¼ cup red wine vinegar

1 tsp celery seed

### Directions

- Cut and combine all fresh vegetable in a large bowl
- Combine vinegar, oil, water, celery seed and sweetener in a small bowl and whisk
- Pour dressing over the vegetable slaw contents, toss and serve
- Makes eight servings

### The Data (per serving)

Calories: 100 cal	Carbs: 8 gm	Total Fat: 7 gm
Protein: 1.5 gm	Fiber: 3 gm	Sat. Fat: 0.5 gm