

# Health Tip of the Month

## 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

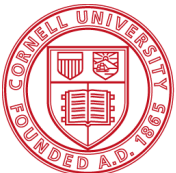
1 tbsp. sugar

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!



Cornell University  
Cooperative Extension  
New York City

Worksite Wellness Initiative: by Marc LaMorie, Dietetic Intern

Queens College

70: 8/16

More Health Tips? visit <http://nyc.cce.cornell.edu>