Classic Coleslaw – Salads (V)
Makes 4 cups
Serving size: 1 cup with raisins

8 ounces shredded cabbage (1/2 of a pre-shredded 1-pound bag)
2 scallions, both white and green parts, finely sliced
1 Tablespoon sugar substitute (optional)
1 Tablespoon cider vinegar or other vinegar
1 Tablespoon low far mayonnaise
1/3 cup low-fat plain yogurt
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
2 pinches of celery seeds (optional)
2 Tablespoons raisins (optional)

Nutrition per serving with raisins:
Calories = 65 kcals
Fat = 3.2 grams
Carbs = 8.4 grams
Sat Fat = 0.5 grams
Protein = 2.0 grams
Fiber = 1.7 grams

COLESLAW IS USUALLY AN ABSOLUTELY DIET NO-NO- it's loaded with mayonnaise and way too many calories. With a few simple changes, shredded cabbage becomes a versatile tasty side dish to go with many lunchtime meals or dinner entrees. To save work, I usually buy the bags of ready-shredded cabbage.

Although coleslaw is best eaten fresh because it softens with age, it's still tasty after being stored in the refrigerator for a day or two. Be sure to keep it covered until you're ready to serve it.

Place the cabbage, scallions, sugar substitute, if using, vinegar, mayonnaise, yogurt, salt, pepper and the celery seeds and raisins, if using, in a large bowl and stir to mix. Taste for seasoning, adding more salt as needed.

Complete Lunch for each menu level:

1000 Calorie Menu	1 serving coleslaw + 3 ounces of iDiet legal oven fried chicken *(see recipe)*
1200 Calorie Menu	1 serving coleslaw + 4 ounces iDiet legal oven fried chicken *(see recipe)*
1500 Calorie Menu	2 serving coleslaw + 4 ounces iDiet legal oven fried chicken *(see recipe)* + 8 carrots
1800 Calorie Menu	3 servings coleslaw + 4 ounces iDiet legal oven fried chicken *(see recipe)* + 9 carrots
2000 Calorie Menu	4 servings coleslaw + 4 ounces iDiet legal oven fried chicken *(see recipe)* + 10 carrots

Note: Please see *iDiet legal oven fried chicken recipe*. If substituting boneless and skinless chicken breast, add 1 ounce.