



From Healthy Soul Food Recipes, Fresh Citrus and Ginger Coleslaw

Serves 4 | 2/3 cup per serving

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| 1/2 | teaspoon grated orange zest | 2 | teaspoons canola or corn oil |
| 1/4 | cup plus 2 tablespoons fresh orange juice | 1 | teaspoon grated peeled gingerroot |
| 2 | tablespoons fresh lemon juice | 3 | cups packaged shredded cabbage and carrot coleslaw mix |
| 1 | tablespoon plus 2 teaspoons sugar | 1/4 | cup finely chopped red onion |

1 In a large bowl, whisk together the orange zest, orange juice, lemon juice, sugar, oil, and gingerroot.

2 Add the coleslaw mix and onion, tossing to coat. Let stand for 5 minutes before serving so the flavors blend.



Nutrition Analysis (per serving)

Calories	70
Total Fat	2.5 g
Saturated Fat	0.0 g
<i>Trans</i> Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	15 mg
Carbohydrates	12 g
Fiber	1 g
Sugars	9 g
Protein	0 g

Dietary Exchanges: 1 carbohydrate