

## **Coleslaw**

### **Ingredients**

- 1 medium head of cabbage, either green or purple or both (about 4 cups sliced)
- ½ medium carrot, cut into matchsticks
- 2 green onions, thinly sliced
- 1 tablespoon rice vinegar or white vinegar
- 2 tsp sugar
- ½ teaspoon salt
- ½ teaspoon pepper

### **Instructions**

1. Slice the cabbage thinly until you have about 4 cups (not packed). Combine with the chopped carrot and sliced green onions.
2. Sprinkle vegetables with the vinegar, sugar, salt, and pepper. Stir to coat.
3. Serve and enjoy!



Makes: 4 servings

Nutrition Information: CALORIES 30 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 7g; FIBER 2g; PROTEIN 1g; CALCIUM 4%; IRON 2%

## **Hot and Sour Cabbage Soup**

### **Ingredients**

- 1 small onion, minced
- 8 ounces cabbage (about the size of a grapefruit)
- 15 ounces diced canned tomatoes
- 6 cups fat-free, low sodium chicken or vegetable broth
- 15 ounces canned straw mushrooms, undrained
- ¼ cup low sodium soy sauce
- 1/3 cup rice vinegar
- 1 teaspoon red pepper flakes
- ½ teaspoon salt
- Black pepper, to taste
- 1 teaspoon olive, canola, or vegetable oil

### **Instructions**

1. Heat oil in a large soup pot over medium heat. Add onion and sauté until soft.
2. Quarter the cabbage, remove the core, and shred with a large chef's knife. Add tomatoes, cabbage, undrained mushrooms, and broth to the pot. Stir well.
3. Add the soy sauce, vinegar, chili flakes, salt, and pepper. Bring to boil, cover, then reduce heat to a simmer. Simmer for 20 minutes or until cabbage is the desired tenderness.

Makes: 6 servings

Nutrition Information: CALORIES 90 (6% from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 460mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 5g; CALCIUM 4%; IRON 10%