

Apple-Nut Slaw

½ head green cabbage,
shredded
1 cup shredded red cabbage
1/8 cup toasted walnuts
2 red apples, sliced
½ cup low-fat ranch dressing
¼ cup skim milk

1. Combine all ingredients into a large bowl.
2. Toss gently to coat.
3. Cover and refrigerate until ready to serve.

Makes 8 servings

Per Serving:

Calories: 97
Fat: 5 grams
Protein: 2 grams
Carbohydrates: 13 grams
Fiber: 3 grams
Sugar: 7 grams
Cholesterol: 4 mg
Sodium: 168 mg



EAT SMART & WIN!

Fresh Salsa

4 large tomatoes, diced
½ large onion, minced
3 cloves garlic, chopped
¼ cup chopped fresh cilantro
1 jalapeno pepper, seeded and
minced (optional)
2 Tbsp fresh lime or lemon juice
Salt to taste

1. In a small mixing bowl, combine tomatoes, onion, garlic, cilantro and lime juice.
2. Add jalapenos 2 teaspoons at a time, tasting after each addition to see how hot the salsa has become. Jalapenos vary in hotness.
3. Salt to taste. Enjoy!

Makes 8 servings

Per Serving:

Calories: 13
Fat: 0.2 grams
Protein: 0.5 grams
Carbohydrates: 3 grams
Fiber: 0.7 grams
Cholesterol: 0 mg
Sodium: 5 mg



EAT SMART & WIN!

Homemade Cranberry Sauce

1 cup sugar
1 cup water
1 12-ounce package fresh or frozen
cranberries

Combine sugar and water in a medium saucepan. Bring to a boil; add cranberries, return to a boil. Reduce heat and boil gently for 10 minutes, stirring occasionally.

Transfer to a mixing bowl and stir contents. Cover and cool completely at room temperature. Refrigerate until serving time.

Makes 1 cup

Per Serving:

Calories: 115
Fat: 0 grams
Protein: 0 grams
Carbohydrates: 29 grams
Fiber: 1 gram
Sugar: 24 grams
Cholesterol: 0 mg
Sodium: 1 mg

