

Tangy Coleslaw

Kathy's Note: What makes this slaw unique is the addition of low-fat yogurt, instead of mayonnaise, to create a tangy, creamy sauce for the shredded red and white cabbage, carrots and scallions. The slaw can be made 2 to 3 hours of ahead of time.

Ingredients:

1 small red and white cabbage, about 1 pound each, cored and thinly sliced, about 8 cups (or shredded on the largest hole of a cheese grater or the grated attachment of a food processor)

3 carrots, grated

1 ½ teaspoons Dijon mustard

1 cup plain Greek-style or regular yogurt

1/4 cup finely chopped fresh parsley

4 scallions, white and green part, finely chopped

2 tablespoons white wine or cider vinegar

Salt and freshly ground pepper

Instructions:

In a large salad bowl, toss the two cabbages. Add the carrots and mix. Add the mustard, yogurt, parsley, scallions and mix. Add the vinegar, salt and pepper to taste and toss.

Serves 6.

Variations:

*Add 1 cup raisins, or sun-dried cranberries.

*Add 1 cup coarsely chopped toasted walnuts or almonds

*Add 1/4 cup minced fresh herbs—basil, thyme or chives.

*Add 3 slices crumbled cooked bacon.

*Add 1 teaspoon grated lemon zest.

*Add 1/4 cup olive oil.