

Sauces

Carrot-Chile Slaw

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1/2 pound carrots, grated

1/4 cup sweet Thai chile sauce

1/4 cup lime juice

1/4 cup fresh cilantro, chopped

2 teaspoons fish sauce

2 scallions, chopped

In a bowl, combine the carrots, thai chile sauce, lime juice, cilantro, fish sauce and scallions. Mix well.

Per Serving (excluding unknown items): 137 Calories; 2g Fat (11.4% calories from fat); 3g Protein; 31g Carbohydrate; 7g Dietary Fiber; 1mg Cholesterol; 79mg Sodium. Exchanges: 4 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.