

Cilantro Blue Cheese Slaw

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Servings: 8

*8 cups shredded cabbage
1 small red onion, halved
and thinly sliced
1/3 cup fresh cilantro,
minced
1 jalapeno pepper, seeded
and minced
1/4 cup crumbled blue
cheese
1/4 cup fat-free mayonnaise
1/4 cup reduced-fat sour
cream
2 tablespoons rice vinegar
2 tablespoons lime juice
1 clove garlic, minced
1 teaspoon sugar
1 teaspoon grated lime peel
3/4 teaspoon salt
1/2 teaspoon coarsely
ground pepper*

In a small bowl, combine the cabbage, onion, cilantro and jalapeno.

In a small bowl, combine the blue cheese, mayonnaise, sour cream, vinegar, lime juice, garlic, sugar, lime peel, salt and pepper. Pour over the cabbage mixture. Toss to coat.

Per Serving (excluding unknown items): 51 Calories; 1g Fat (23.2% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 368mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.