

Zucchini Coleslaw

Prep Time: 20 minutes

Cooling Time: 1 hour

Makes 6 servings



Ingredients:

2 cups shredded zucchini
2 cups shredded cabbage
1 cup shredded carrot (or 1 medium carrot)
2 green onions, sliced
1/2 cup radishes, sliced (optional)
1/3 cup low fat mayonnaise
1/3 cup salsa

Directions:

1. Use a hand grater or food processor to shred vegetables.
2. Drain zucchini by pressing between layers of paper towels.
3. Put zucchini in large bowl; add cabbage, carrot, onions and radishes.
4. In a small bowl, combine remaining ingredients.
5. Pour over vegetables and toss well.
6. Cover and chill at least one hour. Serve.

Did you know? Zucchini is a type of summer squash.



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Do you have an abundance of zucchini?

Cook it... chop and drizzle with olive oil and fresh or dried herbs. Sauté on stove top or bake in oven.

Grill it... cut zucchini length-wise into quarter-inch slices. Brush with oil and sprinkle with Italian seasoning. Place on hot grill and cook until tender.

Slice or grate it... enjoy on salads and sandwiches!

Freeze it... store grated zucchini in freezer bags. Thaw and use to bake zucchini muffins, bread, or cake.

Serving Size: 1/6 recipe

Nutrition Facts:

Calories: 55

Fat: 3 g

Saturated Fat: 1 g

Sodium: 171 mg

Total Carbohydrates: 7 g

Fiber: 2 g

Protein: 1 g



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Reference: Zucchini Coleslaw. What's Cooking? USDA Mixing Bowl. Web. <http://www.whatscooking.fns.usda.gov/recipes/>

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