

Zucchini Coleslaw

Ingredients:

- 2 cups shredded zucchini
- 2 cups shredded cabbage
- 1 medium shredded carrot
- 2 sliced green onion
- ½ cup thinly sliced radishes
- 1/3 cup low-fat mayonnaise
- 1/3 cup mild salsa

Directions:

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in large bowl; add cabbage, carrot, onions and radishes.
3. In a small bowl, combine the mayonnaise and salsa.
4. Combine all ingredients into the large bowl.
5. Cover and refrigerate for one hour.

Tips & Facts:

- Coleslaw is a great way to add flavor and nutrients to tacos, quesadillas, burritos as well as many other meals.
- Zucchini is also called a summer squash.
- The Zucchini originates from Central America and Mexico.

*This recipe is adapted from The University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2005; Kentucky Families on the move

Nutrition Facts (per serving):

Servings: 6
Calories: 70kcal
Total Fat: 4.5g
Carbohydrates: 6g
Protein: 1g
Fiber: 2g
Cholesterol: 5mg
Sodium: 160mg

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Zucchini	\$2.00	\$1.20
Cabbage	\$1.99	\$1.99
Carrot	\$1.29	\$0.16
Green Onion	\$0.99	\$0.99
Radish	\$1.69	\$0.10
Light Mayonnaise	\$3.29	\$0.51
Mild Salsa	\$2.50	\$0.89
TOTAL	\$13.75	\$4.97
		Cost per Serving: \$0.82