



Rainbow Slaw

Serves 8

3 tablespoons reduced-fat mayonnaise
3 tablespoons light sour cream
3 tablespoons red wine vinegar
 $\frac{3}{4}$ teaspoon salt
Black pepper
3 cups thinly sliced green cabbage
3 cups thinly sliced red cabbage
2 large carrots, grated
1 large orange, yellow or red bell pepper, chopped
2 scallions, thinly sliced
 $\frac{1}{4}$ cup chopped parsley

- In a large bowl, whisk together mayonnaise, sour cream, vinegar, salt and pepper until smooth.
- Add all remaining ingredients and toss until evenly coated.
- Cover and refrigerate at least an hour or overnight.
- For the best flavor, let stand at room temperature about half an hour before serving.

Nutritional Information:

Calories: 56
Total fat: 3g
Saturated fat: 1g
Cholesterol: 4mg
Sodium: 292mg
Total carbohydrates: 4g
Dietary fiber: 2g
Protein: 2g

Recipe from Weight Watchers New Complete Cookbook