WHAT'S COOKING IN THE MARKET?
Zucchini and Carrot Coleslaw

Servings: 8

Ingredients

2 cups shredded zucchini
1 cup shredded carrot
1/4 cup low-fat creamy salad dressing (such as Miracle Whip Light®)
1 teaspoon white sugar salt and ground black pepper to taste

Directions

1. Place zucchini in a colander and let drain thoroughly, about 30 minutes.
2. Toss with carrot in a large salad bowl; stir in creamy salad dressing and sugar.
3. Chill the coleslaw for 1 hour to blend flavors, stir again, and season with salt and black pepper.

Source: Allrecipes.com

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	30	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Carbohydrates	6g	2%
Dietary Fiber	1g	4%
Sugars	4g	
Protein	1g	

MYPLATE FOOD GROUPS

- [ ] Grains
- [ ] Fruits
- [x] Vegetables
- [ ] Protein
- [ ] Dairy

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