

Spicy Pineapple Cole Slaw

Servings: 4

Ingredients:

<ul style="list-style-type: none">• 1 can (8 oz.) <i>pineapple, crushed, with juice</i> [or 1 (11 oz.) can Mandarin Oranges with juice]• $\frac{1}{4}$ tsp. <i>salt</i>• $\frac{1}{2}$ tsp. <i>crushed red pepper (less or none as desired)</i>• $\frac{1}{2}$ tsp. <i>fresh grated ginger</i>• $\frac{1}{3}$ c. <i>rice vinegar</i>	<ul style="list-style-type: none">• $1\frac{1}{2}$ Tbl. <i>sugar</i>• 1 Tbl. <i>cornstarch</i> (2 Tbl. if using the Mandarins)• 10 oz. <i>cabbage, shredded</i>• $\frac{1}{2}$ c. <i>carrot, shredded</i>• 4 <i>green onions, cut into $\frac{1}{4}$-inch pieces</i>• $\frac{1}{3}$ c. <i>light sour cream</i>
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Directions:

1. In a small sauce pan, combine the crushed pineapple with juice, salt, red pepper flakes, ginger, vinegar, sugar and cornstarch. Whisk together well until the cornstarch is dissolved. Place over medium-high heat and bring to a boil stirring constantly. Cook until dressing is thickened (2- to 3-minutes). Remove from heat and let cool to room temperature.

Mandarin version: drain the Mandarin juice into a small sauce pan, add the salt, red pepper flakes, ginger, vinegar (increase to $\frac{1}{2}$ c.), sugar and cornstarch. Whisk together well until the cornstarch is dissolved. Place over medium-high heat and bring to a boil stirring constantly. Cook until dressing is thickened (2- to 3-minutes). Remove from heat and let cool to room temperature.

2. Place shredded cabbage, green onions and carrot in a large bowl.

Mandarin version: add the uncooked Mandarins to this bowl too.

3. Stir sour cream into cooled dressing, pour over salad and toss until salad is well coated. Serve immediately.

Nutrition:

Pineapple version (Serving size: 1 cup)

calories: 116 protein: 2.7g total carbohydrate: 25.1g total fat: 1.5g
sugars: 18.1g sodium: 608mg dietary fiber: 3.2g saturated fat: 1.0g

Mandarin version (Serving size: 1 cup)

calories: 144 protein: 3.1g total carbohydrate: 32.8g total fat: 1.6g
sugars: 26.2g sodium: 806mg dietary fiber: 3.3g saturated fat: 1.0g