

Serves 8-10

Rainbow Coleslaw

Ingredients

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- 1/2 cup chopped yellow or red bell pepper
- 1/2 cup shredded carrots
- 1/3 cup chopped red onion
- 1/2 cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- 1/4 teaspoon celery seed (optional)
- 1/2 cup low-fat Cheddar cheese, cut into bite-size cubes

Preparation

1. In a large bowl, combine all the vegetables.
2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
3. Pour the dressing over the vegetable mixture and toss until well coated.
4. Toss salad with cheese and serve chilled.