



CRUNCHY COLESLAW

Homemade coleslaw makes a tasty way of enjoying a variety of crunchy raw vegetables - use as a side dish or a filling for jacket potatoes or sandwiches.

Shop bought coleslaw tends to be light on vegetables and heavy on fat-laden mayonnaise. This recipe uses yoghurt to give a lighter, healthier variation. And just one 80g serving provides one of your 5-a-day!



Skills Check: Follow a recipe; follow food safety & hygiene rules; use measuring spoons; chop using the bridge/claw technique safely; use a vegetable peeler safely; use a box grater safely; tidy away.

Allergens*

Milk | Eggs | Mustard | Sulphites

Equipment: Chopping board, vegetable peeler, sharp knife, box grater, bowl, spoon, measuring spoons.

Ingredients (makes around 20 servings):

- 150g pot of low fat plain yoghurt
- 1/2 tsp Dijon mustard
- 2 tbsp low fat mayonnaise
- 1/2 white cabbage
- 2 large carrots
- 1/2 red onion

Method

1. Mix the yoghurt, mustard and mayonnaise together in a bowl.
2. Peel the carrots.
3. Remove the outer leaves of the cabbage.
4. Peel the onion and cut off the ends.
5. Grate the onion, carrots and cabbage.
6. Tip all of the vegetables into the bowl and stir through the dressing.

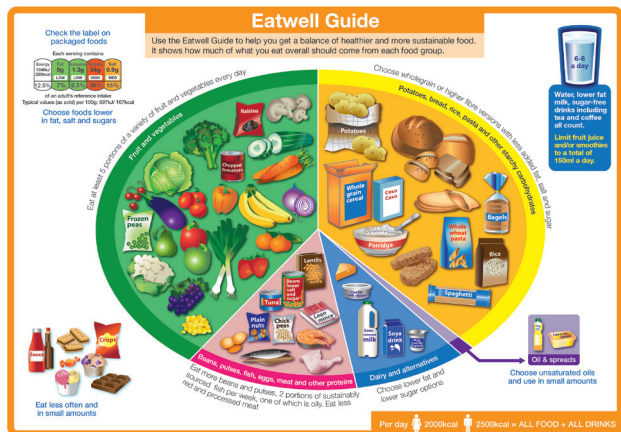
N.B. You can store coleslaw in the fridge in a covered container for up to 3 days.

* (Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.)



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 46g serving

ENERGY
93kJ / 22kcal

1%

LOW

FAT
0.6g

<1%

LOW

SATURATES
0.1g

<1%

MED

SUGARS
2.7g

3%

LOW

SALT
0.1g

1%

% of an adult's reference intake

Typical values per 100g : Energy 202kJ / 48kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

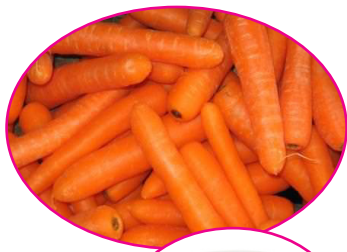
Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

So, thinking about crunchy coleslaw...

Vegetables are so good for us! Low in fat, sugar and calories and packed with vitamins and minerals. Cabbage, carrots and onion are all fabulous healthy vegetables, and because in this recipe they're served raw you don't lose any of the healthy stuff in cooking!

Yoghurt is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones. It is also good source of protein.



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