

Pasta Slaw

Hands-on - 20 min.

Serves 16

You know how salads are great for helping you lose weight? Well, so is this. I make this up whenever my clothes are fitting snug. I then include a serving with lunch and dinner. Just think of it as a negative calorie food (see tip on page 210)!

Tastes great with:
Grilled Chicken or Fish

Put a medium-size pot of water on to boil.

2 cups	shredded cabbage	Buy already shredded, or shred using a food processor. Place in a large serving bowl.
2 cups	shredded carrots	

2 oz	whole-wheat spaghetti, dry (1 cup cooked)	When water is boiling, add pasta. Set timer for 10 minutes.
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1	green bell pepper, chopped	Add to cabbage and carrots.
1	red bell pepper, chopped	
1/2	red onion, or 4 green onions, chopped	

1 T	lemon juice (preferably fresh squeezed)	Mix together in a small bowl.
2 T	Balsamic vinegar (or red wine)	At sound of timer, drain pasta and add to vegetables while still hot.
1/2 tsp	salt	Toss all together with dressing. Serve warm or chilled.
1/2 tsp	oregano	
1 T	oil (olive or canola)	
1/2 tsp	chopped garlic (1 clove)	
dash	pepper (to taste)	

Nutrition information for 1/2 cup

Calories	34	Fat	1 g	Fiber	1 g	Sodium	85 mg	Total Carbohydrate	6 g
Calories from Fat	25%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	1 g	Sugars	2 g