



## CABBAGE SALAD

Basic Lifestyle

### Ingredients

1 (10 ounce) bag shredded red cabbage  
4 TBS light mayonnaise  
1 TBS fresh lemon juice  
¼ TSP salt  
¼ TSP pepper

### Instructions

Place cabbage, mayonnaise, lemon juice, salt and pepper in a salad bowl.

Mix to coat cabbage.

Chill for 1 hour and serve.

### Portion-Per-Serving Information (Yields 6 servings)

Serving = 3/4 cup = 1 V, 1/2 FT