

Spicy Southern Cole Slaw



Pictured here with my Pulled Pork Barbecue Sandwich

Totals: per serving (about ½ cup)

Calories 40 Fat 0g Fiber 3g Carbs 7g

What you'll need:

- 1 Large head of cabbage
- ¾ Cup fat free mayonnaise (the ten calorie per tablespoon kind)
- ¼ Cup fat free Zesty Italian Dressing
- ½ tsp Lawry's Season Salt
- ½ tsp garlic Salt
- ½ tsp ground black pepper

- 1 Large bowl for mixing
- 1 Medium sized bowl for serving

Let's get to cooking!

1. Shred your cabbage and place in large bowl.
2. Mix together mayonnaise, Italian dressing and spices in separate smaller bowl, then pour over your cabbage.
3. Very similar to tossing a salad, mix the cabbage with the mayo mixture until well mixed.

My Momma, who always made spicy slaw, inspired this
Kitty's Lighter Weigh recipe.