

Sweet Southern Cole Slaw



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
- 1 T Splenda for baking
- 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, Splenda and pepper in a separate smaller bowl, and then pour over your cabbage.
3. Very similar to tossing a salad, mix the cabbage with the mayo mixture until well mixed.

Mississippi Delta barbecue, and it's various side dishes, inspired this
Kitty's Lighter Weigh recipe.