

SUPER LOW CALORIE HONEY MUSTARD BROCCOLI SLAW

INGREDIENTS

3 tablespoons light mayonnaise, I like Best Foods (Hellman's) Light
2 tablespoons nonfat plain Greek yogurt or nonfat plain yogurt
2½ tablespoons spicy brown mustard (not Dijon)
1½ tablespoons apple cider vinegar
2 teaspoons honey
Fresh cracked black pepper, to taste
1 (12 oz) bag broccoli slaw, about 5 cups
? cup scallions, chopped (green part only)

INSTRUCTIONS

1. To make the coleslaw dressing-In a small bowl, mix together mayonnaise, yogurt, mustard, vinegar and honey. Refrigerate until ready to serve.
2. Just before serving, add broccoli slaw and scallions to a bowl. Toss with dressing.
3. Leftovers can be refrigerated and served the next day. It still tastes great.

Makes 4 cups total (each serving ½ cup)

Each serving has just 38 calories, 1 gram of fat

Weight Watchers SmartPoints 1

Weight Watchers POINTS PLUS 1

Source: Allrecipes.com