



Healthy Eating & Weight Loss

Grilled Coleslaw

- Half of a small cabbage
- 2 tbsp vegetable oil
- 3 tbsp rice or cider vinegar
- 1/2 tsp each salt and pepper
- 1/4 tsp celery seeds
- 1 small carrot, grated
- Half of a green pepper, thinly sliced

Cut cabbage half into quarters and remove core. Separate each quarter into 3 leaf sections and brush with 1 tbsp of the oil. Place on greased grill over medium- high heat. Close lid and grill, turning once, until tender. Remove to cutting board and thinly slice.

In a small saucepan, whisk together remaining oil, vinegar, salt, pepper and celery seeds. Warm only.

In a large bowl, toss together sliced cabbage, grated carrots, green pepper and warm dressing.

Makes 4 servings.

96 calories per serving, 1 g protein

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