Kale Coleslaw
Makes 5 servings

Ingredients:
4 cups raw, sliced kale leaves (cut into thin strips)
2 teaspoons lemon juice
1/8 teaspoon salt
3 teaspoons light mayonnaise
1/4 cup plain low-fat yogurt
1 cup grated fresh carrots
1/4 cup chopped green onion

Directions:
1. In a large bowl, use clean hands to combine kale leaves, lemon juice and salt thoroughly.
2. Add mayonnaise and yogurt to the kale leaves and toss to combine.
3. Stir in carrots and green onion until thoroughly combined.
4. Serve right away, or up to 2 days later.

Source: Finding A Balance curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.