

Tangy coleslaw rules

I'm not a picky eater, but there are a few foods I dislike and one I despise. In fact,



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HEALTHY DISH

just the thought of it makes me quiver — may-on-aise-based coleslaw. On

the other hand, I love vinaigrette-dressed coleslaw. Particularly, the one I learned to make as a 14-year-old dishwasher and occasional prep cook at a country club. After all these years, I recreated the slaw at home. Oh, the delicious briny vinaigrette. The earthy essence of the caraway seeds. Plus, green cabbage is really healthy. As a cruciferous vegetable, 1 cup raw provides



Coleslaw with red-wine vinaigrette and caraway is healthy and delicious.

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more than half of your daily requirement for vitamin C, plus potentially cancer-fighting phytochemicals. And for only 20 calories.

Michelle Dudash of Scottsdale is a registered dietitian, chef and author of "Clean Eating for Busy Families." Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.

Coleslaw with Red Wine Vinaigrette and Caraway

From Michelle Dudash

3½ cups thinly sliced green cabbage (about ½ head)
1 teaspoon kosher salt
1 tablespoon red-wine vinegar
2 teaspoons extra-virgin olive oil
½ teaspoon caraway seeds, crushed
¼ teaspoon agave syrup
Pinch of freshly ground black pepper

Sprinkle the cabbage with salt and toss to coat evenly in a bowl. Chill the cabbage for one hour allowing the water to release from the cabbage. Rinse the cabbage well under cold running water and drain. Toss it with vinegar, olive oil, caraway seeds, agave syrup and pepper. Enjoy immediately or chill until ready to serve.

Makes 4 servings.

Per serving: 37 calories, 2 g total fat (0 g saturated, 0 g trans), 158 mg sodium, 0 mg cholesterol, 4 g total carbohydrate (2 g fiber), 1 g protein.