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Bok Choy-Apple Slaw

Bok Choy serves as a peppery alternative to cabbage in this crunchy and creamy slaw. Try it with barbecued chicken.

8 servings, 3/4 cup each | Active Time: 20 minutes | Total Time: 20 minutes

Ingredients:

1/3 cup reduced-fat sour cream

1/3 cup reduced-fat mayonnaise

2 tablespoons white-wine vinegar

2 teaspoons sugar or honey

1/2 teaspoon celery salt

1/4 teaspoon salt

6 cups very thinly sliced bok choy, (1-pound head, trimmed)

1 large Granny Smith apple, julienned or shredded

1 large carrot, julienned or shredded

1/2 cup slivered red onion

Directions:

Whisk sour cream, mayonnaise, vinegar, sugar (or honey), celery salt and salt in a large bowl until smooth. Add bok choy, apple, carrot and onion; toss to coat.

Nutrition

Per serving : 56 Calories; 2 g Fat; 1 g Sat; 0 g Mono; 3 mg Cholesterol; 8 g Carbohydrates; 2 g Protein; 1 g Fiber; 272 mg Sodium; 224 mg Potassium