Chinese Salad

Ingredients

6 ounces red cabbage, finely shredded
2 Chinese cabbage leaves, shredded
1/4 pound bean sprouts
2 sticks celery, chopped
1 piece of cucumber, 2 inch, cut into strips
2 tablespoons salad cream
1/4 cup plain yogurt
1 teaspoon soy sauce
salt and pepper

Directions

1. Place the red cabbage in a large bowl and add the Chinese cabbage, bean sprouts, celery and cucumber.
2. In a small bowl, mix together the dressing ingredients, add salt and pepper to taste.
3. Pour dressing over vegetables, and mix well.

Nutrition information per serving

calories 59, fat 2.2g, cholesterol 2mg, protein 3.1g, carbohydrates 8.5g, fiber 2.9g, sugar 5.0g, sodium 124mg