

Chinese Salad

Ingredients

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