

Chinese Coleslaw

4 cups Chinese cabbage, shredded

¼ cup spring onions, sliced

225g tin of Pineapple, crushed, drained (discard juice from tin)

¼ cup Mayonnaise, reduced calorie

225g Water chestnuts, sliced (discard juice from tin)

1 tablespoon mild Mustard

1 cup fresh Parsley

1 teaspoon grated fresh Ginger

PER SERVING: 57 cal., 1g protein 9g carbohydrate, 2g fat, 0mg cholesterol
80mg sodium

METHOD

Combine cabbage, pineapple, water chestnuts, parsley, and onion. Cover and chill. For dressing, combine mayonnaise, mustard, and gingerroot. Cover and chill. Spoon dressing over the cabbage mixture; toss to coat.