

## **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.