

Strawberry-Kiwi Slaw and Honey-Mustard Dressing

Dressing:

2 tsp. Dijon mustard
1 tsp. dried tarragon or 2 tsp. fresh, chopped leaves
1 Tbsp. honey
2 tsp. olive oil
1 Tbsp. plain fat-free yogurt

Salad:

1 cup chopped ripe strawberries
1 ripe kiwi, peeled and sliced into thin strips
2 cups very finely shredded cabbage
1/2 cup fresh cilantro, washed and chopped (optional),
or substitute 1/4 cup fresh chopped chives

In small bowl, combine all dressing ingredients. Set aside. In salad bowl, lightly toss fruits, cabbage and cilantro or chives. Divide onto 4 salad plates. Divide dressing evenly among 4 plates; serve any remaining dressing on the side.

Makes 4 servings. Per serving: 72 calories, 3 g total fat (less than 1 g saturated fat), 13 g carbohydrates, 1 g protein, 2 g dietary fiber, 42 mg sodium

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