

Broccoli Slaw

We've lightened this popular potluck classic with a dressing of reduced-fat mayo and yogurt. To speed preparation, use shredded broccoli slaw from the produce aisle.

Servings: 8 servings, 3/4 cup each

Prep: 25 mins

Total: 25 mins



INGREDIENTS

4 slices turkey bacon

1 12- to 16-ounce bag shredded broccoli slaw, or 1 large bunch broccoli (about 1 1/2 pounds)

1/4 cup low-fat or nonfat plain yogurt

1/4 cup reduced-fat mayonnaise

3 tablespoons cider vinegar

2 teaspoons sugar

1/2 teaspoon salt, or to taste

Freshly ground pepper, to taste

1 8-ounce can low-sodium sliced water chestnuts, rinsed and coarsely chopped

1/2 cup finely diced red onion, (1/2 medium)

DIRECTIONS

1. Cook bacon in a large skillet over medium heat, turning frequently, until crisp, 5 to 8 minutes. (Alternatively, microwave on High for 2 1/2 to 3 minutes.) Drain bacon on paper towels. Chop coarsely.

2. If using whole broccoli, trim about 3 inches off the stems. Chop the rest into 1/4-inch pieces.

3. Whisk yogurt, mayonnaise, vinegar, sugar, salt and pepper in a large bowl. Add water chestnuts, onion, bacon and broccoli; toss to coat. Chill until serving time.

Tip:

MAKE AHEAD TIP: Cover and chill for up to 2 days.

NUTRITION FACTS

Calories 80, Total Fat 3 g, Saturated Fat 1 g, Monounsaturated Fat 1 g, Cholesterol 5 mg, Sodium 271 mg, Carbohydrate 9 g, Fiber 3 g, Protein 3 g