

Side Dish

Citrus Cucumber Slaw

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1 medium cucumber, peeled, seeded and cut into matchstick-sized pieces

2 1/2 cups green cabbage leaf, shredded

1/4 cup red onion, thinly sliced

1 medium plum tomato, seeded and chopped

1 large jalapeno pepper, seeded and minced

1/2 cup orange juice

2 tablespoons lime juice

In a large bowl, combine the cucumber, cabbage, onion, tomato, jalapeno, orange juice and lime juice.

Season to taste with salt.

Cover and refrigerate for 2 to 8 hours.

Per Serving (excluding unknown items): 193 Calories; 2g Fat (6.6% calories from fat); 8g Protein; 44g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 56mg Sodium. Exchanges: 5 1/2 Vegetable; 1 Fruit; 0 Fat.