

Homemade Creamed Cabbage

Everyone loves this festive, colorful coleslaw. With the fat-free products and skim milk, you no longer have to worry about the calories in the dressing. Use this recipe for my Pumante' Brothers Sandwiches.

1 medium head cabbage, shredded
1 large carrot, shredded
1 medium green pepper, chopped
1 medium sweet red pepper, chopped
1 medium onion, finely chopped
1/3 cup sliced green onions
1/4 cup chopped fresh parsley

DRESSING:

1/4 cup regular or skim evaporated milk
1/4 cup regular, light, or fat-free sour cream
1/2 cup regular, light, or fat-free
mayonnaise
1/3 cup sugar
2 Tb. lemon juice
1 Tb. vinegar
1/2 tsp. salt
1/2 tsp. celery seed
Dash pepper



In a large bowl, combine the first seven ingredients.

Combine dressing ingredients and mix thoroughly.

Pour over vegetables; toss to coat.

Cover and refrigerate 4 hours or overnight.

Stir before serving.

Yield: 12-16 servings.