

## Chinese Salad

### *What you need:*

6 ounces red cabbage, finely shredded  
2 Chinese cabbage leaves, shredded  
1/4 lb. bean sprouts  
2 sticks celery, chopped  
1 piece of cucumber, 2 inch, cut into strips  
2 Tbs. salad cream  
1/4 cup plain yogurt  
1 tsp. soy sauce  
salt and pepper



### *All you do:*

1. Place the red cabbage in a bowl and add the Chinese leaves, bean sprouts, celery and cucumber.
2. Mix together the dressing ingredients, with salt and pepper to taste, and add to the vegetables.
3. Mix well and transfer to a serving bowl.

Per serving: calories 59, fat 2.2g, 30% calories from fat, cholesterol 2mg, protein 3.1g, carbohydrates 8.5g, fiber 2.9g, sugar 5.0g, sodium 124mg