



Tangy Tex-Mex Slaw



1/8th of recipe (about 2/3 cup): 50 calories, <0.5g total fat (0g sat. fat), 186mg sodium, 10g carbs, 2.5g fiber, 3g sugars, 2.5g protein

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Prep: 10 minutes



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Ingredients

1/3 cup fat-free sour cream
2 tbsp. lime juice
1 tbsp. white wine vinegar
2 tsp. taco seasoning mix
1/4 tsp. salt
One 12-oz. bag (about 4 cups) broccoli cole slaw
1/2 cup frozen sweet corn kernels, thawed
1/2 cup canned black beans, drained and rinsed
1/2 cup finely chopped red bell pepper
1/3 cup finely chopped red onion
1/4 cup chopped cilantro

Directions

In a large bowl, combine sour cream, lime juice, vinegar, taco seasoning, and salt. Whisk until uniform.

Add all remaining ingredients, and toss to coat.

MAKES 8 SERVINGS

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