

5 IDEAS FOR...

BAGGED SLAW

Next time you're in the produce section of your supermarket, skip the packaged lettuce and go straight for the slaw. A 16-ounce bag packs as much fiber and vitamin C as the typical salad kit and is much more versatile, since you can cook cabbage instead of just eating it raw. Here, some quick, delicious possibilities.

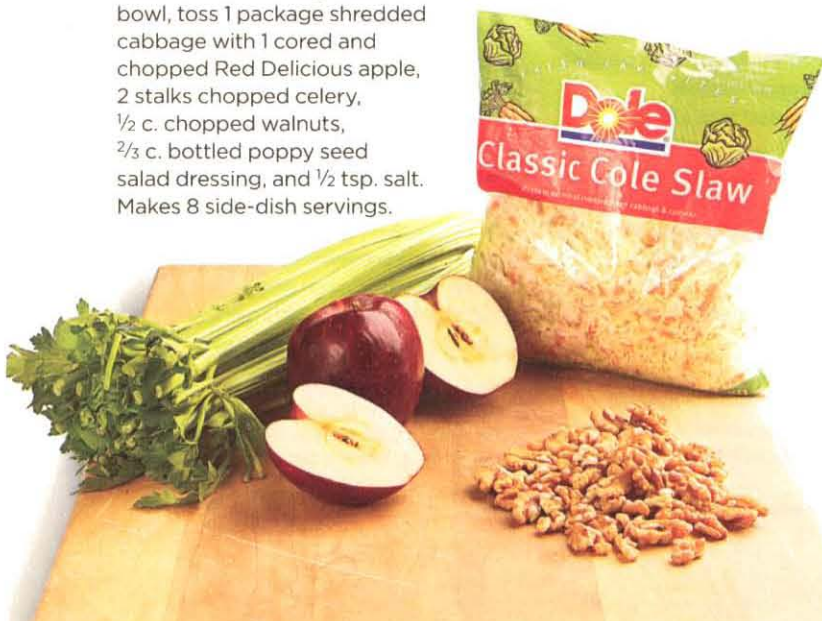
Moo Shu Chicken In large nonstick skillet, cook 1 package shredded cabbage, $\frac{1}{3}$ c. bottled stir-fry sauce, and 4 sliced green onions over medium heat about 4 minutes or until tender-crisp, stirring often. Stir in 2 c. shredded cooked chicken (10 oz.); heat through. To serve, warm 4 flour tortillas (8 in. each) and fill with Moo Shu mixture. Makes 4 main-dish servings.

Caribbean Pineapple Salad Drain 1 can (20 oz.) pineapple chunks in juice; place in large bowl. Add 1 package shredded cabbage, 2 Tbsp. packed brown sugar, 2 Tbsp. olive oil, 2 tsp. grated fresh lime peel, 5 Tbsp. fresh lime juice, and $\frac{1}{2}$ tsp. salt. Toss until well mixed. Makes 6 side-dish servings.

Wilted Cabbage & Bacon Chop 3 slices fully cooked bacon, and thinly slice 1 sm. red onion; place in large nonstick skillet and cook over medium heat until onion softens, about 4 minutes, stirring occasionally. Stir in 1 package shredded cabbage, 1 c. shredded carrots, 3 Tbsp. cider vinegar, and $\frac{1}{2}$ tsp. salt; cook about 4 minutes or until tender-crisp. Makes 6 side-dish servings.

Smoky Tomato Soup In large microwave-safe bowl, combine $\frac{1}{2}$ package shredded cabbage (4 c.), $\frac{3}{4}$ c. chopped sweet onion, and 1 Tbsp. olive oil. Cover and microwave on High about 4 minutes or until vegetables soften, stirring halfway through cooking. In blender, with center part of cover removed to let steam escape, puree cabbage mixture, 1 can (28 oz.) fire-roasted diced tomatoes, 1 c. water, and 2 tsp. red wine vinegar. Serve at room temperature or heat in microwave on High 3 minutes to serve hot. Makes 6 first-course servings.

Waldorf Slaw In large salad bowl, toss 1 package shredded cabbage with 1 cored and chopped Red Delicious apple, 2 stalks chopped celery, $\frac{1}{2}$ c. chopped walnuts, $\frac{2}{3}$ c. bottled poppy seed salad dressing, and $\frac{1}{2}$ tsp. salt. Makes 8 side-dish servings.

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