

# VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

## Spicy Seafood Slaw Dinner Salad

Yield: 1 serving, about 1 1/4 cups

- 2 tablespoons low fat small curd cottage cheese OR plain yogurt
- 1 tablespoon reduced fat “light” ranch salad dressing
- a dash of ground black pepper
- 1/2 teaspoon dried parsley leaves
- 1 teaspoon wasabi sauce OR creamy horseradish sauce
- 1 teaspoon lime juice
- 3 tablespoons cooked black beans, cooked without salt, drained and rinsed
- 1 tablespoon frozen sweet corn kernels, thawed
- 3 tablespoons light tuna canned in water, drained
- 2 tablespoons shredded fresh carrot
- 2/3 cup shredded fresh cabbage

1. Wash your hands and work area.
2. In a serving bowl, stir together cottage cheese, dressing, pepper, parsley, one of the sauces, and lime juice.
3. Mix in remaining ingredients.
4. Serve cold.
5. Cover and refrigerate leftovers within two hours.



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*Meal suggestion:*  
Serve with a wedge of watermelon, a whole grain muffin and low-fat milk.

*This healthy extra lean cold main dish is an excellent source of vitamins A and C, and dietary fiber. It is a good source of calcium and iron.*

### Nutrition Facts

Serving Size about 1 1/4 cups (184g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 0.5g 3%	
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 390mg	16%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 5g 20%	
Sugars 5g	
<b>Protein</b> 14g	
Vitamin A 50%	Vitamin C 30%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*1 carbohydrate choice per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.ksre.ksu.edu/humannutrition/](http://www.ksre.ksu.edu/humannutrition/) The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” Jan. 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.