

July Newsletter

Tex Mex Slaw

Macros:

Macros: Makes 7, 1 cup servings

Macros per serving:

167 Cals / 10 P / 24 C / 4 F / 7 fiber



INGREDIENTS

- 1 ¼ cup non fat plain greek yogurt (I used Siggis brand)
- 6 tbl light mayo
- 3 tsp lime juice
- ½ pkg taco seasoning (I used Siete brand, Spicy)
- 1 cup chopped red bell pepper
- 1 cup chopped yellow bell pepper
- 1 container (about ½ cup) Kalamata Greek Olives
- 1 package 3 color Deli Coleslaw mix, dry
- 2 servings (¾ package) Green Giant Southwestern Style Street Corn (freezer section)
- 1 serving sliced jalapenos
- 1 can black beans, drained and rinsed

DIRECTIONS

1. Cook the corn to package instructions and divide out 1 serving to the side to use another time. The remainder of the package will go into this recipe.
2. In a large mixing bowl add the yogurt, mayo, lime juice and taco seasoning, Mix until all well incorporated.
3. Add the slaw mix and mix well until well incorporated.
4. Add the bell peppers, jalapenos, olives, beans and corn. Gently mix until well coated.
5. Serve cold with chips as a dip or as a coleslaw side with some kick!