



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Confetti Slaw

Ingredients:

- 1/4 small head green cabbage
- 2 carrots
- 1/4 cup raisins
- 1/8 cup peanuts
- 1/2 cup low fat vanilla yogurt
- 1 Tablespoon orange juice

Makes 4 servings - 19% calories from fat

Create-A-Flavor Changes - Add your own ideas, too!

- Combine 1/8 head each red and green cabbage.
- Add 2 Tablespoons mini-marshmallows.
- Try a different flavor yogurt and juice.

Instructions:

1. Slice and cut cabbage into thin strips. Place pieces in large mixing bowl.
2. Peel and grate carrots. Add to mixing bowl.
3. Measure raisins and peanuts. Add to mixing bowl.
4. Mix all ingredients together.
5. Combine yogurt and orange juice in small bowl.
6. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

Note:

- Can use other nuts in place of peanuts.
- If desired garnish with orange slices.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 4g	
Vitamin A 100%	Vitamin C 60%
Calcium 10%	Iron 4%
*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 85g 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	



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