



Posted on Thu, Jul. 21, 2011

Sweet Onion Slaw

Side Dish

Sweet Onion Slaw

Note that the slaw needs to be refrigerated for 8 hours before it is served.

3/4 cup sugar

1 1/2 cups distilled white vinegar

3 pounds Vidalia onions, cut in half, then into very thin slices

1/4 cup low-fat mayonnaise

2 tablespoons coarse-grain mustard

2 tablespoons chopped fresh flat-leaf parsley

Whisk sugar and vinegar in a large mixing bowl until sugar dissolves. Add onion slices and toss to coat. Cover and refrigerate for 8 hours, stirring occasionally.

Drain onions well. Just before serving, mix mayonnaise with mustard and fold into onions along with parsley. Makes 8 servings.

Source: Adapted from "Quick-Fix Southern" by Rebecca Lang (Andrews McMeel).

Per serving: 100 calories, 1 g protein, 19 g carbohydrates, 3 g fat, 0 g saturated fat, 5 mg cholesterol, 95 mg sodium, 2 g fiber, 14 g sugar.

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