

# **Blueberry Nut Slaw with Blue Cheese**

Makes ~12 cups

Serving Size: 1 cup

Serves: 12

## **Ingredients**

1 cup Kraft Slaw Dressing  
1 cup chopped pecans  
½ -1 cup blue cheese  
1 lb shredded cabbage (or slaw mix)  
1 cup blueberries  
1 qt strawberries, topped and sliced  
1 cup mandarin oranges, drained  
1 cup seedless red grapes, sliced

## **Directions**

In a large mixing bowl, combine the dressing, pecans and blue cheese. Add the cabbage and stir until well coated with dressing. Gently stir in the blueberries, strawberries, oranges, grapes. Cover and chill in the refrigerator for at least 1 hour or up to 8 hours.

This convenient salad makes an attractive and tasty accompaniment to any family gathering, picnic or pot luck.

## **Exchanges per serving:**

2 Fruits, 1 Fat, 1/2 Meat (nuts)

## **Nutrients per serving:**

Calories: 209

Calories from fat: 134

Total Fat: 15 g

Saturated Fat: 3 g

Cholesterol: 10 mg

Sodium: 232 mg

Carbohydrate: 18 g

Dietary Fiber: 3 g

Protein: 3 g

Original recipe submitted by Ms. Claudann Jones, MS, County Extension Agent for Family and Consumer Science, Texas A&M AgriLife Extension Service. Nutritional analysis done by Mr. Tim Scallon, MS RDN LD, for Memorial Cooking Innovations TV show.