



Cold Dog Slaw



1/4th of recipe (about 1 1/4 cups): 96 calories, 1g total fat (0g sat. fat), 806mg sodium, 13.5g carbs, 4g fiber, 4.5g sugars, 8g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

3/4 cup chopped onion
4 hot dogs with about 40 calories and 1g fat or less each, chopped
1 1/2 tbsp. Hellmann's/Best Foods Dijonnaise (or creamy Dijon mustard)
1 1/2 tbsp. yellow mustard
One 12-oz. bag (4 cups) broccoli cole slaw
3/4 cup sauerkraut

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until softened, about 5 minutes.

Add chopped hot dogs. Cook and stir until slightly browned, about 5 more minutes.

Transfer to a large bowl and let cool.

Meanwhile, in a small bowl, mix Dijonnaise with mustard.

Add broccoli slaw and sauerkraut to the large bowl, and mix well. Add mustard mixture, and toss to coat.

MAKES 4 SERVINGS

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