



## Healthy Living at Hannaford



### Five-Minute Coleslaw

**Ingredients:**

- 1 cup Hellmann's® Real Mayonnaise\*
- 2 Tbsp. lemon juice
- 2 Tbsp. sugar
- 1/2 tsp. salt
- 1 package (1 lb.) shredded coleslaw mix or 6 cups shredded cabbage

**Instructions:**

1. In large bowl, combine mayonnaise, lemon juice, sugar and salt.
2. Add coleslaw mix (or shredded cabbage); toss well.  
Serve chilled or at room temperature.



### Asian Apple Slaw

**Ingredients:**

- 1/2 cup Hellmann's® Canola Cholesterol-Free Mayonnaise\*
- 1 tsp. reduced sodium soy sauce
- 2 tsp. sugar
- 1 tsp. apple cider vinegar
- 1/2 Tbsp. grated fresh or 1/2 tsp. ground ginger
- 1 bag (16 oz.) coleslaw mix
- 2 green onions, chopped
- 1 Granny Smith apple, julienned (1/8 x 1/8 x 3-inch strips)

**Instructions:**

1. In large bowl, combine mayonnaise, soy sauce, sugar, vinegar and ginger.
2. Add remaining ingredients; toss well. Chill, if desired.

\*Terrific with Hellmann's® Real Mayonnaise, Light Mayonnaise, Mayonnaise Dressing with Extra-Virgin Olive Oil, Hellmann's Canola Cholesterol-Free Mayonnaise, or Low-Fat Mayonnaise Dressing.



### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).