

Coleslaw-Chicken Salad with Peppery Dressing

Makes 4 servings

POINTS® value per serving: 4

Ingredients:

6 tablespoons fat-free mayonnaise

1 tablespoon Dijon mustard

1 tablespoon apple-cider vinegar

½ teaspoon caraway seeds, lightly crushed

1 teaspoon whole peppercorns, lightly crushed

2 teaspoons sugar

◆ **1 (1-pound) bag coleslaw mix**

◆ **¾ pound cooked chicken breast, skin removed, shredded (about 2 cups)**

◆ **1 tomato, chopped**

4 slices bacon, crisp-cooked, drained, and crumbled

1. To make the dressing, whisk together the mayonnaise, mustard, vinegar, caraway seeds, peppercorns, and sugar in a small bowl until blended; set aside.

2. Combine the coleslaw mix, chicken, and tomato in a large bowl. Drizzle with the dressing and toss well to coat. Divide the mixture evenly among 4 plates and sprinkle with the bacon. Serve at once.

Recipe adapted from Weight Watchers Cookbook All Time Favorites ©2008 Weight Watchers international, Inc. All Rights reserved.