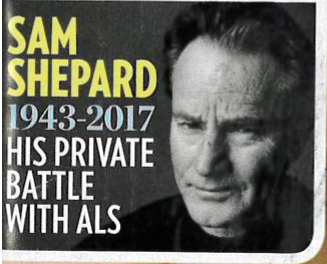




Jennifer Aniston
 INSIDE HER LIFE
 NOW & HER
 RETURN TO TV!



SAM SHEPARD
 1943-2017
 HIS PRIVATE
 BATTLE
 WITH ALS



IDRIS & MATTHEW
 On fame and fatherhood

TRUE CRIME
MURDER
 ON A
 CRUISE
 SHIP?



Lauren Conrad
HOW LOVE CHANGED ME

Exclusive!
FIRST BABY PHOTOS!

From starring on reality TV to running her own lifestyle empire, the first-time mom opens up about her journey, her marriage & baby Liam: 'I feel so lucky!'

August 14, 2017

1620 5TH AVE STE 700
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 NOM ON MOST MAJOR TABLETS!
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DENISE ROA

Coleslaw with Cilantro Yogurt Dressing

THE EXECUTIVE CHEF OF MEXICO'S RANCHO LA PUERTA RESORT SERVES UP A CRUNCHY, HEALTHY DISH

- 3 cups shredded red cabbage
- 3 cups shredded napa or green cabbage
- 1 bunch radishes, thinly sliced (about ½ cup)
- ½ small jicama, peeled and cut into small cubes (about 1½ cups)
- 2 scallions, thinly sliced
- ¾ cup plain yogurt
- 3 tbsp. extra-virgin olive oil
- 2 tbsp. fresh lime juice
- 2 tbsp. rice vinegar
- 1 tsp. sea salt
- 1 cup chopped fresh cilantro
- 1 jalapeño chili, seeded and minced (optional)

1. Combine red and napa cabbages, radishes, jicama and scallions in a large bowl.
 2. Process yogurt, oil, lime juice, vinegar and salt in a blender until smooth. Stir in cilantro and, if desired, jalapeño. Pour over cabbage mixture, and toss to coat. Cover and refrigerate at least 1 hour, or up to 3 days before serving.

Serves: 6

Active time: 10 minutes

Total time: 1 hour, 10 minutes

Per serving: 122 calories, 8g fat, 417mg sodium, 10.6g carbs, 3.6g fiber, 5.3g sugar, 2.7g protein

food HACK

The easiest way to shred a head of cabbage is with a spiralizer. Use the flat blade, which quickly cuts against the vegetable's natural layers.