Lauren Conrad
HOW LOVE CHANGED ME

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’!
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 ¼ 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 cabbage, 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 5 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.