



HANKFURTER & SEAWEED SLAW

Servings: 4

Serving Size: 1 hot dog + $\frac{3}{4}$ cup coleslaw + 1 cup nonfat milk

INGREDIENTS FOR HANKFURTER:

- 4 turkey hot dogs
- 1 tablespoon yellow mustard

INGREDIENTS FOR SEAWEED SLAW (COLESLAW):

- 2 cups shredded cabbage (red, green or a combo of both)
- $\frac{1}{3}$ cup shredded carrot
- $\frac{1}{4}$ cup light mayonnaise
- 1 tablespoon white wine vinegar
- 1 teaspoon sugar

BEVERAGE:

- 4 cups nonfat milk

DIRECTIONS:

• To make the seaweed slaw, combine all of the ingredients in a large bowl. Toss until evenly coated. Kids can do this part. Cover and refrigerate until ready to use. (Coleslaw will keep for up to 3 days covered in the refrigerator).

• Cook the hot dogs based on package instructions. To make Hank's tentacles, make seven lengthwise slices in each hotdog that go two-thirds of the way up the hot dog. Use yellow mustard to make Hank's eyes and mouth.

• When ready to eat, spread about $\frac{2}{3}$ cup of the seaweed slaw onto each plate. Top with a Hankfurter; spread Hank's tentacles out over the seaweed slaw so he sits up straight. Kids can do this part.

• Enjoy with a glass of nonfat milk.



The Mickey Check is a quick and easy way for families to identify healthier food options. The Mickey Check can be found in stores, online, on-air, at Disney theme parks, and other places where Disney products are sold. Foods and recipes that feature the Mickey Check meet Disney Nutrition Guidelines, which are continually updated to remain best in class to contribute to a nutritious diet.

