

Colorful Cabbage Slaw

Yield: 8 servings

Ingredients

For the slaw:

- 8 cups shredded purple cabbage
- 2 cups shredded carrots
- ¾ cup chopped cilantro
- 1 jalapeno, finely diced (optional)
- ½ cup diced green onions
- ¼ cup roasted sunflower or pepita (pumpkin) seeds

For the dressing:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons pure maple syrup
- 1 teaspoon minced garlic clove
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Instructions

1. In a large bowl, stir together all the slaw ingredients except for the seeds.
2. In a small bowl, whisk together all the ingredients for the dressing.
3. Right before serving, stir the seeds and dressing into the slaw.

Nutrition Information

Serving Size: ⅓ of recipe

- Calories: 105
- Total Fat: 5.7 g
- Saturated Fat: 0.7 g
- Monounsaturated Fat: 2.9 g
- Polyunsaturated Fat: 1.7 g
- Sodium: 182.3 mg
- Total Carbohydrate: 13.4 g
- Dietary Fiber: 2.9 g
- Sugars: 8 g
- Protein: 2.3 g

Source: Ambitious Kitchen. Monique Volz.



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