

Simple Slaw (A New Way)

INGREDIENTS

COLESLAW

2 cups green cabbage, finely sliced
 2 cups purple cabbage, finely sliced
 2 cups shredded carrots
 2 Tbsp. chopped fresh parsley, optional
 ½ cup mixed seeds (green pumpkin and sunflower seeds best)

DRESSING

¼ cup olive oil
 2-3 Tbsp. lemon juice
 1 clove garlic, minced
 ½ tsp. salt
 ¼-½ tsp. cumin

NUTRITION FACTS

6 servings

Calories: 185

Fat: 16 g

Sodium: 241 mg

Total Carbohydrate: 9.5 g

Dietary fiber: 3.5 g

Protein: 3.7 g

SHORTCUT PREP

If you're in a rush, you can use a 16 oz. mixed bag of finely sliced green and purple cabbage.

DIRECTIONS

1. Combine prepared green cabbage, purple cabbage, carrots, and parsley. Set aside.
2. Heat a nonstick skillet over medium heat. Add seeds and toast until they are golden brown and making popping noises.
3. Combine dressing ingredients.
4. Drizzle dressing over slaw and toss to coat. Refrigerate before serving.

Audrey's Salad

INGREDIENTS

8-12 cups of deep greens, assorted variety
 2 carrots, peeled and thinly sliced
 1 red bell pepper, chopped
 ½ red onion, thinly sliced
 1 Granny Smith apple, cored and diced
 1 cucumber, seeded and diced
 1 avocado, diced

DRESSING

¼ cup olive oil
 2 Tbsp. balsamic vinegar
 2 tsp. honey
 1 Tbsp. lemon juice
 1 tsp. mustard
 Salt and pepper to taste

DIRECTIONS

1. Wash greens as needed, and spin dry. Combine with prepared carrots, peppers, onion, and cucumber.
2. Whisk together all ingredients for dressing. Prior to serving, chop apple and cube avocado.
3. Toss salad with dressing and gently stir in apple and avocado.

NUTRITION FACTS 8 servings

Calories: 178

Fat: 12 g

Sodium: 63 mg

Total Carbohydrate: 18 g

Dietary fiber: 5 g

Protein: 3 g