

Making it delicious

SUMMER MAGENTA SLAW

Ingredients

- 2 cups shredded red cabbage
- 1 cup shredded carrots
- 1 inch fresh ginger
- 1 Tbsp. olive oil
- 1 Tbsp. honey
- 2 Tbsp. lemon juice
- 1/8 tsp. salt

Recipe adapted from:
New School Cuisine



Nutrition Facts

6 servings per container	
Serving size	(41g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 62mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

- Peel and finely chop or grate the ginger.
- In a large mixing bowl, whisk together the olive oil, honey, lemon juice and salt.
- Add the shredded vegetables and the ginger and mix thoroughly to combine, until the mixture is evenly coated with dressing.

SERVINGS: 6 — PREP TIME: 10 MIN*

*not including the time to shred the veggies