

Rainbow Slaw

Yield: 4-6 Servings

Ingredients:

- 1/3 cup white wine vinegar
- 1 tablespoon sugar
- 1 clove garlic finely chopped
- 1/8 teaspoon ground cumin
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dry mustard
- 4 cups finely shredded green or red cabbage, or a combination
- 3 carrots shredded
- 5 green onions thinly sliced
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper



Optional toppings: roasted peanuts, chicken, sesame seeds

Directions:

1. In a large bowl, whisk together vinegar, sugar, garlic, cumin, oregano and mustard just until sugar is dissolved.
2. Add cabbage, carrots, green onions, salt and pepper and toss gently to combine. Cover and refrigerate for at least 4 hours.
3. Garnish with toasted sesame seeds or chopped roasted peanuts or toss it with shredded roasted chicken to serve as main course.

Nutrition Information per serving:

Calories: 37, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 199mg, Carbohydrate 10g, Fiber: 2g, Total Sugar: 2g, Added Sugar: 1.5g, Protein: 1.1g

SOURCE: Whole Foods Market
