

CITRUS SUMMMER SLAW

INGREDIENTS:

- 4 cups red cabbage, chopped
- 1 bunch cilantro, chopped
- 2 – 4 green onions, chopped
- 1/2 cup slivered almonds
- 1 cup golden raisins
- 1/4 cup roasted pepitas (green pumpkin seeds)

DRESSING:

- 1/8 cup olive oil
- Juice from 3 limes
- 1/8 cup orange juice
- 1/4 teaspoon salt

DIRECTIONS:

1. Place salad ingredients into a small bowl.
2. Place dressing ingredients into a small bowl and whisk to combine.
3. Pour dressing over slaw and toss to coat. Serve.

Nutrition Facts

Serving Size 1 cup (66g)
Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 11g

Protein 3g

Vitamin A 10% • Vitamin C 30%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Source: fusioncraftiness.com

