



Citrus Cabbage Slaw

<u>U.S.</u>		<u>Metric</u>
1 small	Cabbage, Green, shredded	1 small
3 each	Green Onions, chopped	3 each
2 each	Apples, Granny Smith, julienned	2 each
1/3 cup	Cilantro, fresh, chopped	19.2 g
2 Tbsp	Parsley, fresh, chopped	7.2 g
2 each	Limes, juiced	2 each
1/2 each	Orange Juice, fresh	1/2 each
1 each	Lemon, zested and juiced	1 each
1/2 tsp	Cumin, ground	1.4 g
1/4 tsp	Coriander, ground	0.7 g
1 Tbsp	Olive Oil	15 mL
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste

Preparation:

1. Gather all ingredients and equipment.
2. Combine all the ingredients in a bowl and toss to dress.
3. Allow to chill for 10 minutes prior to serving and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 cup
Servings	8
Calories	70
Calories from Fat	15
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	80 mg
Carbohydrates	14 g
Dietary Fiber	4 g
Sugars	9 g
Protein	2 g
Vitamin A	10 %
Calcium	4 %

Vitamin C	80 %
Iron	2 %
Phosphorus	35 mg
