

Simple Slaw



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CHICAGO**
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Serves: 4-6

Prep: 15 minutes

INGREDIENTS

For the slaw:

- 4 cups cabbage, shredded
- 2 cups carrots, shredded
- 1/4 cup fresh parsley, minced (optional)
- Up to 3/4 cup mixed seeds (like sunflower kernels or pepitas)

For the vinaigrette:

- 1/4 cup cooking oil
- 2-3 tablespoons lemon juice, to taste
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin (optional)
- 1/2 teaspoon salt

DIRECTIONS

1. In a medium serving bowl, combine cabbage, carrots and parsley. Set aside.
2. Place seeds into a small skillet. Toast over medium heat, stirring frequently, until seeds are fragrant and begin to pop. Add seeds to cabbage and toss to combine.
3. Make the dressing by combining oil, lemon juice, garlic, cumin (optional) and salt in a small bowl. Mix well to combine.
4. Add dressing to cabbage mixture and toss to coat. Taste and add additional lemon juice if needed.
5. Serve immediately or cover and refrigerate to marinate for up to several hours.



Nutrition Information

Serving size: 1/4 of recipe made with 3/4 cup pepitas

Calories	227
Total fat	16 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	350 mg
Carbohydrates	19 g
Fiber	6 g
Sugars	6 g
Protein	4 g

Recipe source: Cookie and Kate