

RECIPE:

Broccoli Slaw with Cranberries

Number of Servings: 11



Ingredients:

- 1 (12 oz.) pkg. broccoli slaw*
- 1/2 c. green onions, chopped
- 1/4 c. almonds, slivered
- 3/4 c. dried cranberries, sweetened
- 2 T. vegetable oil
- 1/4 c. vinegar
- 1/2 T. soy sauce, low sodium
- 2 T. honey
- 1 tsp. ginger, ground
- 1 tsp. garlic powder
- 1 tsp. black pepper
- Salt, to taste

Directions:

1. Wash hands with soap and water.
2. Gently rub green onions under cold running water, then chop.
3. In a large bowl, combine broccoli slaw, green onions, almonds, and dried cranberries.
4. In a separate small bowl, mix oil, vinegar, soy sauce, honey, ginger, garlic powder, pepper, and salt (optional).
5. Toss dressing with salad.
6. Cover and refrigerate for at least 1 hour before serving for optimal flavor.
7. Store leftovers in a sealed container in the refrigerator.

*You can use 5 cups (about 1 large bunch) chopped fresh broccoli in place of the broccoli slaw.

Nutrition Info:

| Nutrition Facts | |
|--|----------------------|
| 11 servings per container | |
| Serving size | about 1/2 cup |
| Amount per serving | |
| Calories | 100 |
| % Daily Value* | |
| Total Fat 4g | 5% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 35mg | 2% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 2g | 7% |
| Total Sugars 12g | |
| Includes 3g Added Sugars | 6% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 27mg | 2% |
| Iron 1mg | 6% |
| Potassium 147mg | 4% |
| <small>*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.</small> | |

Recipe Credit: Adapted from Get Fresh! Chickasaw Nation Nutrition Services