

Broccoli Slaw with Cranberries

Nebraska Seasonal Produce Guide

11 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 (12-ounce) package broccoli slaw
- ½ cup green onions, gently rubbed under cold running water, chopped
- ¼ cup almonds, slivered
- ¾ cup dried cranberries
- 2 Tablespoons vegetable oil
- ¼ cup vinegar
- ½ Tablespoon soy sauce, low sodium
- 2 Tablespoons honey
- 1 teaspoon ginger, ground
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- Salt to taste

Instructions

1. Wash hands with soap and water.
2. In a large bowl, combine broccoli slaw, onions, almonds, and dried cranberries.
3. In a separate bowl, mix oil, vinegar, soy sauce, honey, ginger, garlic powder, pepper, and salt (optional).
4. Toss dressing with salad.
5. Cover and refrigerate for at least 1 hour before serving.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/11 of recipe): Calories 90, Total Fat 4g, Saturated Fat 0g, Cholesterol 0mg, Sodium 25mg, Total Carbohydrates 13g, Fiber 2g, includes 3g Added Sugars, Protein 1g, Calcium 2%, Iron 6%, Potassium 4%

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



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