

Eat Smart • Move More

Colorful Coleslaw

Prep Time: 20 minutes

Total Time: 20 minutes



Ingredients

- 2 tablespoons honey
- 1 ½ tablespoons vinegar
- 1 tablespoon canola oil
- ½ teaspoon ground black pepper
- ¼ head green cabbage, shredded
- ⅛ head red cabbage, shredded
- ½ bell pepper, finely chopped
- 1 carrot, grated
- ⅓ onion, finely chopped

Nutrition Facts

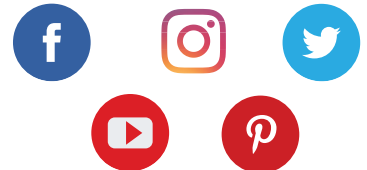
6 servings per container		
Serving size		1 serving
		(87.44g)
Amount per serving		60
Calories		
		% Daily Value*
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	11g	4%
Dietary Fiber	2g	7%
Total Sugars	8g	
Includes 6g of Added Sugars		12%
Protein	<1g	
Vitamin D	0mcg	0%
Calcium	25mg	0%
Iron	0mg	0%
Potassium	146mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ This tangy, crunchy coleslaw is great on pulled chicken, beef, or pork or alone as a side dish.
- ▶ Have cabbage leftover? Use the remainder to boil, sauté, or roast for another meal.
- ▶ Always wash produce before cutting or eating.

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Directions

- Mix together honey, vinegar, oil, and black pepper in a bowl and stir well.
- Add cabbage, bell pepper, carrot, and onion to a bowl and stir well.
- Cover and refrigerate until chilled.

(Recipe adapted from: <https://downshiftology.com>.)

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