

Broccoli Slaw, Ginger, Cilantro

Portion Size: ½ cup

Yield: 6

Ingredients:

Broccoli Stems, Fresh	12 oz.
Green Onions (Scallions), Chopped	3 TBSP
Ginger Root, Fresh, Peeled, Minced	1 TBSP
Cilantro, Fresh, Chopped (stems and all)	3 TBSP
Granulated Sugar	1 tsp
Red Bell Peppers, Fresh, Julienne	1 cup
Kosher Salt	¼ tsp
Lime Juice, Fresh	2 TBSP

Preparation:

1. Julienne broccoli stems (matchstick size).
2. In a bowl, toss together green onion (scallion), ginger, cilantro, sugar, red bell pepper, salt, lime juice, and julienne broccoli stems.
3. Chill salad until ready to enjoy.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
30	2	6	1	2	0	0	100



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