

# RED CABBAGE SLAW, DRIED CHERRIES FIT

**Serving size:** ½ cup

**Makes 6 servings**

- 4 cups Red Cabbage, shredded
- 1 cup Red Onion, julienned ¼ inch
- ½ cup Dried Cherries
- ¼ tsp Kosher Salt
- 1/8 tsp Black Pepper
- 2 ½ TBSP Sherry Vinegar
- ¼ tsp Kosher Salt
- 1 tsp Extra Virgin Olive Oil
- 1 tsp Lime Juice
- 2 tsp Jalapeno, minced
- ½ tsp Granulated Sugar
- 1/8 tsp Black Pepper

## Preparation:

1. In a colander placed over a bowl, toss together the cabbage, onions, dried cherries, salt, and pepper until evenly coated.
2. Cover and place in refrigerator for 2 hours to allow cabbage to release water and drain.
3. Discard water in bowl under cabbage mixture.
4. In separate large bowl, combine vinegar, salt, extra virgin olive oil, lime juice, jalapeno, sugar, and pepper.
5. Add cabbage mixture to the dressing and mix until evenly coated.



*Registered Dietitian Approved!*

## NUTRITION FACTS PER SERVING

<b>calories</b>	70
<b>total fat (g)</b>	1
saturated fat (g)	<1
trans fat (g)	0
<b>sodium (mg)</b>	190
<b>total carbohydrate (g)</b>	15
dietary fiber (g)	1
sugar (g)	12
<b>protein (g)</b>	1