

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.



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NUTRITION FACTS PER SERVING

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