

Broccoli, Cauliflower Slaw, Pumpkin Seeds, Dried Cranberries FIT

Serving size: 1/2 cup

Makes 10 servings

- ½ oz Pumpkin Seeds, Hulled
- 4 TBSP Apple Cider Vinegar
- 4 TBSP Light Mayonnaise
- ¼ tsp Kosher Salt
- Dash Black Pepper
- 1 ¼ tsp Granulated Sugar
- 7 oz Broccoli Stems
- 7 oz Cauliflower Stems
- 2 oz Carrots
- 1 ½ oz Dried Cranberries
- 2 ½ oz Fresh Parsley

Preparation:

1. Toast pumpkin seeds in a 350F degree oven until golden brown, about 5 – 7 minutes. Set aside to cool.
2. In a bowl, whisk together apple cider vinegar, light mayo, salt, pepper and sugar.
3. Julienne broccoli stems, cauliflower stems and carrots.
4. Finely chop parsley stems and leaves.
5. Add broccoli, cauliflower, carrots, cranberries, toasted pumpkin seeds and parsley to bowl with dressing. Toss evenly to coat. Let marinate for at least 30 minutes before serving.

Registered Dietitian Approved!



NUTRITION FACTS PER SERVING

calories	45
total fat (g)	2
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	105
total carbohydrate (g)	6
dietary fiber (g)	1
sugar (g)	4
protein (g)	1

