Broccoli, Cauliflower Slaw, Pumpkin Seeds, Dried Cranberries FIT

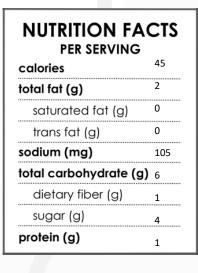
Serving size: 1/2 cup

Makes 10 servings

- ½ oz Pumpkin Seeds, Hulled
- 4 TBSP Apple Cider Vinegar
- 4 TBSP Light Mayonnaise
- 1/4 tsp Kosher Salt
- Dash Black Pepper
 - **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.



- 1 ¼ tsp Granulated
 Sugar
- 7 oz Broccoli Stems
- 7 oz Cauliflower Stems
- 2 oz Carrots
- 1 ¹/₂ oz Dried Cranberries
- 2¹/₂ oz Fresh Parsley







Homemade Salsa

Serving size: 1/4 cup

Makes 20 servings

- 1 ½ lb Tomatoes, Fresh
- 1 each Yellow Onion, Diced
- 1 Jalapeno Pepper, Diced
- 1/4 tsp Fresh Garlic, Minced
- ¹/₂ cup Fresh Cilantro, Chopped
- $\frac{1}{2}$ tsp Salt
- 1/8 tsp Black Pepper
- 1 TBSP Lime Juice

Preparation:

- 1. Roast tomatoes, onion, garlic and jalapenos in oven at 400F for 30 minutes.
- 2. Remove from oven and drain any excess liquids from roasted veggies. Let cool.
- 3. To blender, add roasted veggies, cilantro, salt, pepper and lime juice. Blend to desired consistency.



NUTRITION FACTS PER SERVING	
calories	14
total fat (g)	0
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	65
total carbohydrate (g)	2
dietary fiber (g)	1
sugar (g)	1
protein (g)	0



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