

Broccoli, Cauliflower Slaw, Pumpkin Seeds, Dried Cranberries FIT



Registered Dietitian Approved!

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.

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



Homemade Salsa

Serving size: 1/4 cup

Makes 20 servings

- 1 ½ lb Tomatoes, Fresh
- 1 each Yellow Onion, Diced
- 1 Jalapeno Pepper, Diced
- ¼ tsp Fresh Garlic, Minced
- ½ cup Fresh Cilantro, Chopped
- ½ 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.



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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

