Citrus Pecan Rainbow Slaw

The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

This light and fresh slaw slashes calories with a vibrant citrus juice and vinegar-based dressing. Pecans add an extra nutty crunch and heart healthy fats, too!

YIELD 9 SERVINGS	PREP TIME 30 MIN	TOTAL TIME 30 MIN

INGREDIENTS

For the Slaw:

1/2 head	Medium Red Cabbage, shredded (about 4 cups)
1 bunch	Rainbow, Red, or Green Chard, cut into thin ribbons (about 5 cups)
1 each	Carrot, grated (about 1 cup)
½ cup	Pecans, toasted, chopped

For the Dressing:

3 Tbsp	Extra Virgin Olive Oil
1 Tbsp	Apple Cider Vinegar
1 each	Orange, juiced
1 each	Lime, juiced
2 Tbsp	Honey
¼ tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

This is a versatile, basic slaw recipe that can be used with various dark leafy greens like kale, cabbage, mustard greens, and collard greens. Greens are one of the best sources of Vitamin K which is important for blood clotting and bone health.

PRO TIP: Add extra zippy flavor to your dressing by zesting the orange and lime before juicing.

DIRECTIONS

1. Gather all necessary equipment and ingredients.

2. Combine the cabbage, chard, carrot and pecans in a large bowl.

3. In a small jar or container with a lid, combine the oil, vinegar, orange and lime juice, honey, salt and pepper. Cover and shake to combine.

4. Add the dressing to the vegetables and toss to combine thoroughly.

5. Cover and refrigerate for 10 minutes before serving to allow the flavors to blend and the greens to soften slightly.

Nutrition Facts

9 servings per container

Serving Size	**1 cup (110 g)**

Amount per serving

Calories 120

	% Daily Value *
Total Fat 9g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 115mg	**5%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 2g	**8%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 2g	**4%**
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 0.95mg	5%
Potassium 300mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

goldringcenter.tulane.edu   @culinarymedicine   Goldring Center for Culinary Medicine