Cabbage & Jicama Slaw (Low Protein)

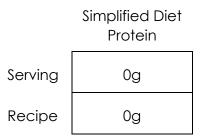
This light slaw uses convenient bagged slaw mix and crunchy, mild jicama to create a low-calorie, low-carb side dish perfect for warmer weather.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	10 MIN	20 MIN

INGREDIENTS

3 Tbsp	Extra Virgin Olive Oil
2 each	Limes, juiced
1 Tbsp + 1 tsp	Honey
1 tsp	Kosher Salt
½ tsp	Garlic Powder
½ tsp	Onion Powder
12 oz. bag	Coleslaw Mix (cabbage & carrots)
1 each	Jicama, peeled and grated
	(about 1 lb)
½ cup	Cilantro, chopped (about ½ bunch)





CHEF'S NOTES

Jicama has a tough, papery brown skin which needs to be peeled. Use a peeler or chef's knife to remove it before cutting to your desired shape.

Jicama's mild, slightly sweet flavor and crunchy texture similar to an apple make it perfect for savory and sweet dishes alike. We also like to add it to a fresh fruit salad or use sticks for dipping in our favorite dips.

DIRECTIONS

- 1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
- 2. In a large bowl, whisk together the olive oil, lime juice, honey, salt, garlic powder and onion powder.
- 3. Add the coleslaw mix, grated jicama, and chopped cilantro. Mix using a rubber spatula until well combined.
- 4. Allow to rest in the refrigerator for about 10 minutes before serving.

Nutrition Facts

6 servings per container
Serving size
1

1 cup (161g)

Amount Per Serving Calories

120

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 330mg	14%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.5mg	2%
Potassium 250mg	6%
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* 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.

Recipe adapted from nutriciametabolics.com, "Jicama Slaw"







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