

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 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
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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.

Simplified Diet
Protein

Serving

0g

Recipe

0g

Nutrition Facts

6 servings per container

Serving size 1 cup (161g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 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%

* 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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