

Mango Red Cabbage Slaw



This sweet and tangy summer slaw adds a bright burst of flavor to our spiced fish tacos. It's also a perfect low calorie side dish or topper for salads and grain bowls.

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	5 MIN	8 MIN

INGREDIENTS

1 each	Lime, juiced
1 Tbsp	Vinegar (Red/White Wine or Rice)
1½ tsp	Honey
¼ tsp	Kosher Salt
¼ tsp	Black Pepper
¼ tsp	Paprika, regular or smoked
⅛ tsp	Cumin, ground
1 cup	Mango, small dice (about ½ mango)
¼ head	Red Cabbage, finely shredded (about 2 cups)
½ each	Red Bell Pepper, small dice
2 each	Green Onions, finely sliced
2 Tbsp	Cilantro leaves, chopped (about 6-8 sprigs)

CHEF'S NOTES

This slaw is the perfect topping for fish or shrimp tacos, a side dish to accompany grilled chicken or as a high fiber sweet and savory snack with corn tortilla chips.

If you're looking for a little more heat in your slaw, try adding a pinch of cayenne pepper from your spice rack or add fresh minced jalapeno.

DIRECTIONS

1. In a medium bowl, stir or whisk the lime juice, vinegar, honey, salt, pepper, paprika, and cumin to combine.
2. Add the diced mango, shredded cabbage, diced bell pepper, sliced green onions, and chopped green onions and gently fold to combine.
3. Refrigerate for at least 10 minutes before serving to allow the flavors to blend.

Nutrition Facts

14 servings per container

Serving size 1/4 cup (38g)

Amount Per Serving

Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber <1g 2%

Total Sugars 3g

Includes <1g Added Sugars 1%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 2%

Potassium 70mg 2%

* 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.

