# Citrus Pecan Rainbow Slaw



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	PREP TIME	TOTAL TIME
9 SERVINGS	30 MIN	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
- <sup>1</sup>/<sub>4</sub> tsp Kosher Salt
- To Taste Black Pepper

#### 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.

#### **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.

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

# **Nutrition Facts**

9 servings per container

#### **Serving Size**

1 cup (110 g)

## Amount per serving Calories

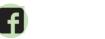
### 120

	% 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%

contributes to a daily diet. 2,000 calories a day is used for general nutriti advice.









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