

Broccoli Slaw with Cranberries

11 servings

Fruits have important nutrients like folate (folic acid), vitamin C, potassium, and dietary fiber. Eat a variety of fruits because they are naturally low in calories, fat, and sodium. Eating fruit as part of a healthy diet can reduce the risk of some diseases such as heart disease, cancer, and type 2 diabetes.



- 1 (12 ounce) package broccoli slaw
 - ½ cup green onions, gently rubbed under cold running water chopped
 - ¼ cup almonds, slivered
 - ¾ cup cranberries, dried
 - 2 Tablespoons vegetable oil
 - ¼ cup vinegar
 - ½ Tablespoon soy sauce, low sodium
 - 2 Tablespoons honey
 - 1 teaspoon ginger, ground
 - 1 teaspoon garlic powder
 - 1 teaspoon pepper
 - Salt, to taste
1. Wash hands with soap and water.
 2. In a large bowl, combine broccoli slaw, onions, almonds, and dried cranberries.
 3. In separate small bowl, mix oil, vinegar, soy sauce, honey, ginger, garlic powder, pepper, and salt.
 4. Toss dressing with salad.
 5. Cover and refrigerate for at least 1 hour before serving.
 6. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: Calories 90, Total Fat 4g, Protein 1g, Total Carbohydrate 13g, Dietary Fiber 2g, Sodium 25mg.

Recipe Source: Get Fresh! Chickasaw Nation Nutrition Services www.getfreshcooking.com