

Wellness Corner

Cabbage and Carrot Slaw

Ingredients

- 1/3 C white wine vinegar
- 1 T sugar (optional)
- 1 clove garlic, finely chopped
- 1/8 t ground cumin
- 1/8 t dried oregano
- 1/8 t dry mustard
- 4 C green and red cabbage, finely shredded
- 2 C carrots, shredded
- 1 C green onions, thinly sliced
- 1/2 t salt
- Ground black pepper, to taste



Instructions

In a large bowl, whisk together vinegar, sugar, garlic, cumin, oregano and mustard just until sugar is dissolved. Add cabbage, carrots, green onion, salt and pepper and toss gently to combine. Cover and chill for at least 4 hours before serving.

Calories: 50 Protein: 1 g Carbohydrates: 12 g Dietary Fiber: 3 g Fat: 0 g Sat fat: 0 g
Cholesterol: 0 mg Sodium: 230 mg Sugars: 7 g

Recipe and photo from: www.wholefoodsmarket.com/recipe

Visit the Wellness Your Choice Milwaukee link on the DER website for an electronic copy.



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