

# Cabbage and Fennel Slaw

Makes 6 Servings

## Ingredients:

- 1 head green or savoy cabbage
- 1 bulb fennel
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. extra virgin olive oil
- Salt and pepper to taste
- Optional: minced or dried garlic and onion



## Directions:

1. After removing the core at the base of the cabbage and splitting it in half, finely chop the whole head into thin ribbons
2. Cut the branches off the fennel bulb and then cut the stems off where the fronds begin
3. Slice the fennel bulb, like the cabbage, into thin ribbons.
4. Toss the cabbage and fennel together in a large bowl with the balsamic vinegar, olive oil, salt and pepper to taste

## Nutritional Facts Per 1 cup Serving (without added salt):

Calories: 61

Fat: 2.5g

Sodium: 42mg

Carbohydrates: 9.5g

Dietary Fiber: 5g

Protein: 2.2g

*Taken from Roots Down Farm, Milton, WI*



**Workforce Health**