

# Red cabbage slaw

**Servings : 4**

## Equipment:

Knife, cutting board, grater or food processor, measuring spoons, mixing spoon

## Ingredients:

- 2 cups shredded red cabbage or shredded coleslaw mix
- 1 medium carrot, shredded
- 1/4 of a white or red onion, sliced or chopped
- 1/4 tsp garlic powder
- 1 Tbsp cilantro, chopped
- 1/2 jalapeño, finely chopped
- 1/2 Tbsp lime juice
- 2 Tbsp light mayonnaise
- 1/8 tsp salt
- 1/8 tsp black pepper

## Preparation:

1. **If not using a food processor or pre-shredded cabbage/carrot:** Shred cabbage and carrot with use of grater or finely slicing. Chop your cilantro. Add ingredients to a mixing bowl. Move to step 3.
2. **If using a food processor:** Add pieces of red cabbage, carrot, and cilantro to your food processor and pulse to chop ingredients. Add ingredients to a mixing bowl.
3. \*Chop or slice your onion and chop your jalapeño. Add them both to the cabbage-carrot mixture.
4. Add salt, black pepper, garlic powder, lime juice, and light mayonnaise. Stir well to combine.
5. Top fish tacos, burgers, sandwiches, or serve as a side dish. Store extras in the refrigerator for 4-5 days. Enjoy!

**\*Knowledge Note:** Pulsing your onion or jalapeño in the food processor releases their juices, resulting in a pungent and very strong taste of onion or jalapeño heat in your dish. Therefore, chop or slice them with a knife!!!

## Nutrition Facts per serving:

**Calories 39.8**

Total Fat 1.8g (2%)  
Saturated Fat 0.3 g (1%)  
Trans Fat 0g  
Cholesterol 1.2mg (0%)  
Sodium 149.2mg (6%)  
Total Carbohydrate 6g (2%)  
Dietary Fiber 1.4g (5%)  
Total Sugars 2.8g  
Added Sugars 0.2g (0%)  
Protein 0.8g  
Vitamin D 0mcg (0%)  
Calcium 24.3mg (2%)  
Iron 0.4mg (2%)  
Potassium 159.3mg (3%)

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