

# Beet, Cabbage, and Apple Slaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: ½ cup

Ingredients	Quantity	Measure
Fresh Red Beets, peeled and grated	4 large	each
Green or Tart Apple (Granny Smith), grated	4 large	each
Red Cabbage, sliced very thinly (use a mandolin if possible)	1	head
Red Wine Vinegar	¼	cup
Agave or other liquid sweetener (maple syrup)	1	Tbsp.
Dijon Mustard	2	Tbsp.
Extra Virgin Olive Oil	½	cup
Italian Parsley, chopped	1	bunch
Salt and Pepper		to Taste

## Preparation

1. Place all ingredients into a large bowl and mix well.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 178 Total Fat: 9.7g Saturated Fat: 1.4g Monounsaturated Fat: 6.7g Polyunsaturated Fat: 1.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 20.8g Fiber: 4.7g Total Sugar: 13.3g Protein: 2.1g Sodium: 108mg Vitamin A: 57µg Vitamin C: 55.5mg Calcium: 51mg Iron: 1.1mg Folate: 49µg