

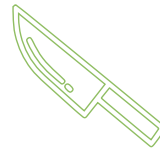


Family Meal

Spicy Slaw



SERVES
6



PREP
10 mins

INGREDIENTS

- ¼ head cabbage thinly sliced
- ½ carrot shredded (use other half for carrot sticks)
- 1 jalapeno minced
- 1 tsp sugar
- ½ tbsp dijon mustard
- ½ tsp salt
- ½ tsp black pepper
- 2 tbsp cilantro chopped
- ¼ cup apple cider vinegar
- 1 tsp honey
- 3 tbsp olive oil

**34 calories per serving*

METHOD

1. In a bowl mix all spices, honey, olive oil, vinegar, mustard, and lemon juice.
2. Mix in cut greens. Let sit for at least 30 minutes, if possible longer.