



Broccoli Slaw with Cranberries

11 servings

Fruits have important nutrients like folate (folic acid), vitamin C, potassium, and dietary fiber. Eat a variety of fruits because they are naturally low in calories, fat, and sodium. Eating fruit as part of a healthy diet can reduce the risk of some diseases such as heart disease, cancer, and type 2 diabetes.



- 1 (12 ounce) package broccoli slaw
- 1/2 cup green onions, gently rubbed under cold running water chopped
- 1/4 cup almonds, slivered
- ³⁄₄ cup cranberries, dried
- 2 Tablespoons vegetable oil
- ¼ cup vinegar
 - 1. Wash hands with soap and water.

- 1/2 Tablespoon soy sauce, low sodium
- 2 Tablespoons honey
- 1 teaspoon ginger, ground
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- Salt, to taste
- 2. In a large bowl, combine broccoli slaw, onions, almonds, and dried cranberries.
- 3. In separate small bowl, mix oil, vinegar, soy sauce, honey, ginger, garlic powder, pepper, and salt.
- 4. Toss dressing with salad.
- 5. Cover and refrigerate for at least 1 hour before serving.
- 6. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: Calories 90, Total Fat 4g, Protein 1g, Total Carbohydrate 13g, Dietary Fiber 2g, Sodium 25mg.

Recipe Source: Get Fresh! Chickasaw Nation Nutrition Services www.getfreshcooking.com

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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