



Broccoli Slaw

By Katie Ferraro, MPH, RD, CDE

Servings: 6

Ingredients	Nutrient value per serving Serving Size = 1 cup
<p><u>Dressing</u> 1/4 c. mayonnaise juice from 1/2 med. orange, squeezed 1/2 t. honey 1 t. ground mustard 1 t. Sriracha sauce (or other gluten-free hot sauce) 1/4 black pepper</p> <p><u>Slaw</u> 3 c. broccoli stalks (about 4 or 5 stalks), peeled and grated 1 1/2 c. carrots (about 4 med.), peeled and grated 1 1/2 c. red cabbage (about 1/4 med. head), shredded 2 med. fresh peaches, pitted and chopped into 1/2- in pieces.</p>	<p>Exchanges 1/2 starch 1 vegetable 1/2 fruit 1 fat Calories 140 Calories from Fat 6 Total Fat 10 g Saturated Fat 1 g Cholesterol 0 mg Sodium 125 mg Carbohydrate 5 g Fiber 2 g Sugar 2 g Protein 4 g</p>
Instructions	Notes
<ol style="list-style-type: none"> Whisk all dressing ingredients together in a small bowl. Combine broccoli, carrots, cabbage and peaches in a large bowl and toss. Pour dressing over coleslaw, and stir until evenly coated. Cover and let chill for at least 30 min. 	<p>Prep and cook time: 55 min</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread stuffing, bran germ, malt, starch, etc.).</p> <p><i>* Dietetic intern Jenny Legrand and nutrition student Briana Rodriguez helped develop these recipes.</i></p>