

April 2008

Broccoli Slaw

Number of servings: 6

Serving size: ½ cup

Ingredients

1 ½ cups Shredded broccoli stems (peel broccoli stems until smooth; shred by hand or in food processor with a shredder blade) Can even get the shredder broccoli slaw bagged mix in the grocery store!

1 cup shredded carrot

½ cup diced red bell pepper

¼ cup balsamic vinegar

2 Tablespoons of Olive Oil

1 Tablespoon or fresh basil minced

½ Tablespoon of fresh oregano minced

1 Tablespoon of scallions minced

2 Tablespoons of lemon juice

Preparation:

1. In a large bowl, combine the first three ingredients. In a blender, combine all remaining ingredients for the dressing. Blend until smooth.
2. Pour the dressing over the slaw and toss well. Serve immediately, or refrigerate before serving.

Exchanges per serving:

1 Vegetable

1 Monounsaturated Fat

Nutrition information:

Amount per serving

Calories 59

Calories from fat 42

Total Fat 5g

Saturated Fat 1g

Total Carbohydrates 5g

Dietary Fiber 1g

Sugars 3g

Protein 1g

This is a great recipe to pack in your lunch as a side dish or for a healthy afternoon snack! The Broccoli Slaw has a great satisfying crunch and you get a veggie serving too! This recipe came from the Diabetes Website: www.diabetes.org and presented to you by Linda Barkell Certified Transitions Lifestyle System. Transitions Lifestyle System is a science based clinically proven weight management system implementing healthy eating, exercise, stress reduction and customized supplementation to help you achieve

a long term healthy lifestyle. For more information contact Linda Barkell at 410-259-9495 or lindabarkell@gonowmail.com.