



Citrus Cucumber Slaw

12 Servings • 1 Serving = ½ Cup

Recipe from Sonoma Express by Connie Guttersen, RD, PhD

INGREDIENTS

- 1 cucumber, peeled, seeded, and julienned
- 1 large carrot, peeled and julienned
- ½ red onion, peeled and julienned
- 5 cups white cabbage, shredded
- 1 bunch cilantro leaves
- 1 serrano pepper, deseeded and minced
- ½ Tablespoon orange juice
- ½ Tablespoon lime juice
- 1 Tablespoon olive oil
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. Gently toss the cucumber, carrot, onion, cabbage, cilantro, and serrano together in a large mixing bowl.
2. In a small bowl, combine the orange juice, lime juice, oil, salt, and pepper. Whisk well.
3. Pour dressing over slaw and toss well to combine.

Nutrition Facts

12 servings per container	
Serving size 1/2 Cup	
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 114mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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