

Side
**Tangy Slaw with
Cherries & Walnuts**

15 Mins
Prep Time

0 Mins
Cook Time

6
Servings

316 Calories **27g** Fat **17g** Carbs **5g** Protein

Ingredients

6 Servings 15 Mins Total Time Allergens: Nuts

Dressing

2 Tbsp Apple Cider Vinegar

½ Lemon, juiced

1 Tbsp Honey

2 Tbsp Dijon Mustard

⅓ Cup Extra Virgin Olive Oil

Slaw

10 oz Bag Brussels Sprouts, Broccoli, Carrot, and Kale Slaw Mix, or slaw mix of choice

1 Cup Walnuts, chopped

½ Cup Unsweetened, Dried Cherries

Allergen Swap

Nuts Omit or use seeds, such as pumpkin or sunflower seeds



Nourishment Note



Extra Virgin Olive Oil

Extra virgin olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation.



Cruciferous Vegetables

Cruciferous vegetables (cabbage, broccoli, Brussels sprouts, and kale) are rich in folate and vitamin K. They also contain phytonutrients—plant based compounds that may help lower the risk of cancer.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



Dried Cherries

Cherries are a great source of anthocyanins and quercetin. These antioxidants may help to protect the heart and lower inflammation within the body. Cherries may also help to relieve arthritis pain when consumed regularly.

Instructions

1. Prepare Dressing

Combine the first 4 ingredients in a small bowl. Drizzle in the extra virgin olive oil while whisking to combine.

2. Chop Nuts

Chop the nuts using a food chopper.

3. Combine and Dress

Add the slaw mix, nuts, and dried cherries to a medium mixing bowl. Drizzle dressing over top.

4. Mix Ingredients

Use tongs to mix together.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cup



Measuring Spoons



Small & Medium Mixing Bowls



Mini Food Chopper



Tongs



Citrus Juicer



Whisk

RA Cooking Tips

Vegetables: Buy pre-cut or shredded vegetables to minimize hand strain.

Nuts: A food chopper allows you to use the palm of your hand to chop nuts. Another option is to purchase pre-chopped nuts.