

Side | Snack

Lemony Slaw

Side Effect: Constipation

15 Mins
Prep Time

0 Mins
Cook Time

4
Servings

313 Calories **26g Fat** **17g Carbs** **6g Protein**

Ingredients

4 Servings 15 Mins Total Time Allergens: None

Salad

2 Cups Purple Cabbage, washed and sliced finely

2 Cups Green Cabbage, washed and sliced finely

2 Cups Shredded Carrots, washed

1 Tbsp Poppy Seeds

¾ Cup Roasted & Salted Sunflower Seeds

Dressing

3 Tbsp Lemon Juice, washed before juicing

¼ Cup Extra Virgin Olive Oil

1 Garlic Clove, minced

½ Tsp Ground Cumin

½ Tsp Kosher Salt



Nourishment Note



Green & Purple Cabbage

Cruciferous vegetables contain insoluble fiber to help relieve constipation. Cruciferous vegetables are also high in phytonutrients to help protect healthy cells.



Carrots

Carrots contain insoluble fiber important in relieving constipation. Carrots are also bountiful in vitamins A, K, and potassium.



Poppy Seeds

Seeds and nuts contain high amounts of important insoluble fiber to help fuel digestive regularity.



Sunflower Seeds

Seeds and nuts contain high amounts of important insoluble fiber to help fuel digestive regularity. Sunflower seeds contain vitamin E important to helping reduce inflammation.



Extra Virgin Olive Oil

Extra virgin olive oil contains antioxidants and monounsaturated fats important to lowering inflammation in the body and reducing the risk of heart disease.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

In a medium-sized mixing bowl, add the cabbages, carrots, and seeds.

3. Prepare Dressing

In a small bowl whisk the lemon dressing ingredients until well blended.

4. Mix Salad & Dressing

Drizzle the dressing over the slaw mixture. Toss to combine.

5. Refrigerate

Refrigerate salad within 2 hours of preparing. Slaw will keep in a covered container in the refrigerator for up to 3 days.

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: cookieandkate.com

What You'll Need



Cutting Board



Knife



Medium-Sized Mixing Bowl



Spoon



Measuring Cups



Measuring Spoons



Whisk

Fatigue Buster

- Look for pre-cut cabbage or slaw mixes instead of chopping your own.
- Look for pre-cut or shredded carrots instead of chopping your own.
- Use bottled lemon juice instead of freshly squeezing.
- Use a garlic press, or pre-minced garlic to reduce preparation time.
- Enlist in the help of a trusted friend or family member to help prepare this dish.