

Side

Toasted Walnut Apple Slaw

15 Mins
Prep Time

0 Mins
Cook Time

6
Servings

243 Calories **17g Fat** **24g Carbs** **4g Protein**



Ingredients

6 Servings **15 Mins Total Time** **Allergens: Nuts**

1 Apple, diced (wash under cold running water before dicing)

1 (10 oz) Bag Broccoli Slaw

3 Tbsp Red Onion, minced*

½ Cup Dried Cranberries

¾ Cup Walnuts, coarsely chopped

Dressing

3 Tbsp Extra Virgin Olive Oil ½ Tsp Salt

3 Tbsp Lemon Juice Pepper, to taste

1½ Tbsp Honey

*To remove the bite of the red onion, soak minced onion pieces in cold water for 5 minutes.

Allergen Swap

Nuts Omit walnuts and add roasted pumpkin or sunflower seeds

Nourishment Note



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.



Broccoli

Broccoli is a cruciferous vegetable high in insoluble fiber to help prevent constipation. It also helps promote eye health, lung health, liver function, supports bone health, increases healthy cell production and keeps the immune system working its best.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Toast the Walnuts

Add walnuts to a dry skillet. Cook over medium heat, stirring frequently, until nuts begin to brown. Watch them closely, as they can burn easily.

3. Combine Ingredients

To a large bowl, add the diced apple, broccoli slaw, red onion, dried cranberries and toasted walnuts. Set aside.

4. Make Dressing

In a small bowl, whisk together the dressing ingredients (olive oil, lemon juice, honey, salt and pepper).

5. Mix, Serve and Enjoy

Pour dressing over slaw and toss to coat. Serve and enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from walnuts.org

What You'll Need



Small Skillet



Knife



Cutting Board



Measuring Cups



Measuring Spoons



(2) Bowls - One Large, One Small



Spoon



Whisk

Fatigue Buster

- Purchase pre-chopped onions
- Purchase pre-squeezed lemon juice