

# COOKING FOR WELLNESS

## Hearty Broccoli Slaw

### Ingredients

- 2 cups finely sliced purple cabbage
- 1 bag of broccoli slaw
- 2 cups Napa cabbage
- ¼ cup chopped fresh parsley
- Up to ½ cup mixed seeds (green pumpkin seeds and sunflower seeds, with some sesame seeds and poppy seeds)

### Lemon dressing

- ¼ cup olive oil
- 2 to 3 tablespoons lemon juice, to taste
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- 1/4 teaspoon salt



### Instructions

1. In a medium serving bowl, combine the prepared purple and Napa cabbage, broccoli slaw and parsley. Set aside.
2. Measure out your seeds into a small skillet. Toast over medium heat, stirring frequently, until the seeds are fragrant. Toss the toasted seeds into the mixing bowl and combine.
3. To make the dressing, in a small bowl, combine the olive oil with 2 tablespoons lemon juice. Add the garlic, cumin and salt and whisk until thoroughly blended.
4. Drizzle the dressing over the slaw and toss until all of the ingredients are lightly coated in dressing. Taste and add an additional tablespoon of lemon juice if the slaw needs a little more zip. Serve immediately or cover and refrigerate to marinate for up to several hours.

### Nutrition Information

214 calories, 10 gm carb, 12 gm fat, 5 gm protein, 230 mg sodium

Recipe adapted from Cookie + Kate: <https://cookieandkate.com/simple-healthy-coleslaw-recipe/#tasty-recipes-24037-jump-target>



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