

CABBAGE



STORAGE

Keep it in a plastic bag in the refrigerator for up to 1 week. Once cut, store it in the refrigerator for up to 1 day.

HELPS SUPPORT

Immune system, heart health, and digestion.

HOW TO USE

Add it to a salad, vegetable stir fry, or tacos.

COLORS

Red or green.

COLESLAW

Servings: 6

Preparation Time: 15 Minutes

INGREDIENTS

- 1½ cup red or green cabbage, thinly sliced
- ½ cup shredded carrots
- ¼ cup chopped onion
- ¼ cup fat free mayonnaise
- ½ tablespoon vinegar

INSTRUCTIONS

1. In a large bowl, mix all the vegetables.
2. In a small bowl, mix mayonnaise and vinegar to make dressing.
3. Pour the dressing over the vegetables and toss until well coated.



Photo: Champions for Change Program

Adapted from the Champions for Change Program (Adapted from recipe courtesy of BOND of Color)