

Coleslaw with Lime Dressing

2 cups white cabbage
1 cup red cabbage
2 carrots, diced

Lime Dressing:

3 tablespoons lime juice
½ tablespoon ground cumin
2 tablespoons fresh cilantro
½ cup olive oil
Salt/pepper to taste
1 spring onion sliced

Optional:

Add 1lb. cooked ground turkey seasoned with taco seasoning
1 cup low fat cheese

Directions:

1. Using a food processor and the shredding/grating blade, shred the cabbage and carrots. Place in a large serving dish.
2. Place all the ingredients for the lime dressing in a bowl. Whisk together and pour over the coleslaw. Gently stir to combine.
3. Optional: Cook ground turkey, drain, and add taco seasoning. Add turkey and cheese to top of coleslaw.

Serves 10

Nutrient Analysis, per serving: 110 calories, 3g. carbohydrate, 1g. protein, 12g. fat, 13mg. sodium