



Cabbage Slaw With Sunflower Seeds

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 5 cups red cabbage, thinly sliced
- 2 cups shredded carrots
- $\frac{1}{3}$ cup sunflower seed kernels
- $\frac{1}{2}$ cup fresh cilantro, chopped

Directions:

1. In a large bowl, whisk together balsamic vinegar, olive oil, and lemon juice; Add salt and black pepper to taste
2. Wash and finely chop red cabbage and carrots
3. Add to the same bowl that you made the dressing in; Toss to coat
4. Add sunflower seeds; Toss again and garnish with cilantro; Enjoy!

Cookware needed:

Large bowl
Whisk
Cutting board

Cost: 

Ease: 

Health Benefit: Red cabbage is a great source of fiber for gut health and antioxidants to promote health on the cellular level by fighting off free radicals that increase the risk of chronic diseases.