

Cabbage Slaw

with Mustard Seed



Ingredients:

- 8 cups Pre-Sliced Cabbage
- 1 cup Red Onion (Thinly & Vertically Sliced)
- 1/2 cup Grated Carrot
- 1/2 cup Fresh Cilantro
- 2 tbsp. Olive Oil
- 2 tbsp. Brown Mustard Seeds
- 1 tbsp. Cumin Seeds
- 1 Large Garlic Clove, Minced



Method:

1. Combine the first 4 ingredients in a large bowl.
2. Heat a small sauce pan over medium heat. Add oil to pan; swirl to coat. Add mustard and cumin seeds; cook 90 seconds or until mustard seed begin to pop.
3. Remove from heat. Stir garlic; let stand for 2 minutes. Add vinegar, sugar, salt, and pepper, stirring with a whisk. Pour vinegar mixture over cabbage; toss to coat. Let stand 15 minutes.

Storage:

Store in airtight container. Refrigerate for a month or more.



How To Use:

- Grill, Sautee & Stir Fry
- Use in Salads & Soups



Health Benefits:

Eye, and Cell Health; Arterial, Lung & Liver Function; Lowers the risk of some Cancers; Promotes Strong Bones and Teeth

Nutrition Facts

Serving Size (86g)			
Servings Per Container			
Amount Per Serving			
Calories 35	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 190mg	8%		
Total Carbohydrate 5g	2%		
Dietary Fiber 2g	8%		
Sugars 3g			
Protein 1g			
Vitamin A 20%	Vitamin C 60%		
Calcium 4%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4



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