

Colorful Coleslaw

EASY recipe



¼ cup sesame seeds
4 cups green cabbage,
shredded
1 large carrot, shredded
2 medium beets, peeled
and shredded
1 Granny Smith apple,
cored and diced

1 scallion or green onion,
thinly sliced
¼ cup apple cider vinegar
3 tbsp extra-virgin
olive oil
1 tsp maple syrup
Pinch salt and pepper

In a small frying pan over medium heat, stir sesame seeds until toasted, about 4-5 minutes.

Set aside to cool. **In** a large bowl, mix together the cabbage, carrot, beets, apple and scallion or green onion. **In** a small bowl, whisk vinegar, oil and syrup; then pour over the salad.

Stir to combine. **Season** with salt and pepper. **Sprinkle** with sesame seeds and serve.

Serves 6. Per serving:

140 calories | 3g protein | 10g total fat | 1g saturated fat | 6g mono fat | 3g poly fat | 12g carbohydrate | 6g sugar | 4g fiber | 67mg sodium