Rainbow Cabbage Salad

Makes 12 servings. Each serving has 90 calories, 4.5 g fat, 4 g protein, 10 g carbohydrate, 3 g fiber and 115 mg sodium.

Prep time: 10 minutes

DIRECTIONS:

INGREDIENTS:

3 c. coleslaw mix
1/2 small head red cabbage
1 red bell pepper, diced
1 c. carrots, shredded
1 c. edamame, shelled
1/2 c. almonds, sliced or slivered
1/2 c. cilantro, chopped

Dressing

1/4 c. apple cider vinegar
2 Tbsp. honey
2 Tbsp. low sodium soy sauce
1 Tbsp. peanut butter
1 Tbsp. fresh ginger, minced

In a large bowl, add coleslaw mix, red cabbage, bell pepper and carrots.

Top with almonds and cilantro.

Combine all ingredients for dressing in bowl and stir to combine.

Pour over salad mixture.

Toss mixture to combine.

Toss to combine.