Corn Cole Slaw

**INGREDIENTS**
- 2 cups cabbage shredded
- 2/3 cup carrots shredded
- 2 cups corn kernels cooked and cooled
- 3 scallions sliced
- 1 cup radishes thinly sliced
- 1/2 cup cilantro leaves minced
- 2 Tablespoons lime juice
- 1 tablespoon vinegar
- 2 tablespoons honey or maple syrup
- 1/8 teaspoon salt

**INSTRUCTIONS**
1) For the coleslaw, mix 1/2 cilantro, carrots, cabbage, corn, scallions, and radishes together in a large bowl.
2) For the dressing, mix remaining ingredients, including 1/2 the cilantro (1/4 c) in a container with a lid and shake the container well.
3) Pour the dressing over the coleslaw and mix well. Serve or chill for up to 3 days.

Makes about 12 servings = 135 calories, 89 mg sodium, 9 g fat, 12 g carb, 3 g fiber, 2 g protein
(Adapted from twopurplefigs.com)

SERVING SIZE: 1/2 cup

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**Cabbage** is a leafy vegetable of the *Brassica* family, which also includes broccoli, cauliflower, and *brussel sprouts*, and it’s one of the oldest known vegetables, dating as far back as 4,000 B.C. in China. It comes in several varieties — green, red, and savoy — which can be eaten raw* or cooked, thrown in a soup, tossed in a salad or stir fry, topped on fish tacos, or simply just steamed by itself.

The inexpensiveness and health benefits of cabbage earned it its nickname “drug of the poor” during the Middle Ages. If you are truly trying to improve your diet, adding this cruciferous vegetable to your meal plan is a good place to start. Some good reasons to include cabbage in your diet are: fiber and water content for good digestion and feeling full while eating less, cholesterol-lowering power, vitamin C content for immune boosting benefit, and antioxidants for cancer-fighting.

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