



Summer Cabbage Squash Cole Slaw

Ingredients

- 3 small zucchini, unpeeled & cut into matchsticks
- 1 small onion, thinly sliced
- 3/4 cup shredded green cabbage
- 1/4 cup red cabbage (optional)
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon mustard
- 1 tablespoon maple syrup
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon salt

Instructions

1. In a large bowl, combine squash, zucchini, onion, & cabbage.
2. In a separate small bowl, combine the remaining ingredients & mix well with a whisk.
3. Pour over the squash mixture & toss to coat.
4. Cover & refrigerate for at least 30 minutes before serving.
5. Serve with a slotted spoon.

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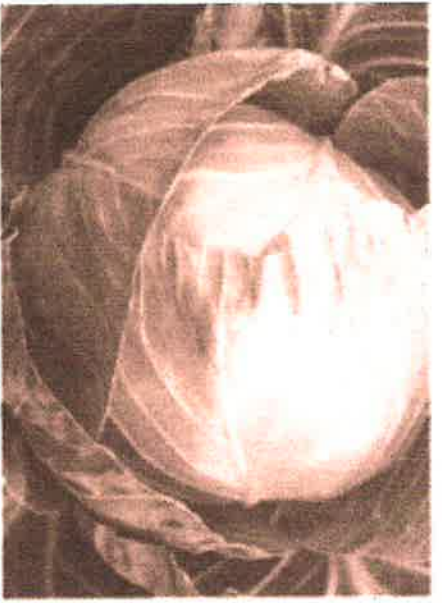
Ingredientes

- 2 calabacines pequeños, sin pelar y en juliana
- 1 cebolla pequeña, finamente rebanada
- 3/4 taza de repollo verde rallado
- 1/4 taza de col roja (opcional)
- 2 cucharadas de vinagre de vino tinto
- 2 cucharadas de aceite de oliva
- 1 cucharadita de mostaza
- 1 cucharada de jarabe de arce
- $\frac{1}{2}$ cucharadita de ajo en polvo
- $\frac{1}{4}$ cucharadita de pimienta
- $\frac{1}{4}$ cucharadita de sal

Instrucciones

1. En un tazón grande, combine la calabaza, el calabacín, la cebolla y el repollo.
2. En un tazón pequeño separado, combine los ingredientes restantes y mezcle bien con un batidor.
3. Vierta sobre la mezcla de calabaza y revuelva para cubrir.
4. Cubra y refrigere durante al menos 30 minutos antes de servir.
5. Servir con una cuchara ranurada.

Go Green With Cabbage



Organic Facts

Nutrients*

- Dietary Fiber 10%
- Protein 3%
- Carbohydrate 2%

Minerals*

- Manganese 8%
- Potassium 5%
- Calcium 4%

Vitamins*

- Vitamin K 95%
- Vitamin C 61%
- Folate 11%

Delays aging process

Delays onset of conditions such as osteoporosis

Prevents cancer and reduces inflammation

Reduces high blood pressure

Promotes good eye health

Boosts mental function and concentration

Effective remedy for weight loss

Good remedy for constipation and digestion

Treats scurvy and relieves pain

*% Daily Value per 100g. For e.g. 100g of cabbage provides 95% of daily requirement of vitamin K.

