

Side | Snack

Lemony Slaw

Side Effect: Constipation

15 Mins
Prep Time

0 Mins
Cook Time

4
Servings

313 Calories **26g Fat** **17g Carbs** **6g Protein**

Ingredients

4 Servings **15 Mins Total Time** **Allergens: None**

Salad

2 Cups Purple Cabbage, **washed** and sliced finely 🍴

2 Cups Green Cabbage, **washed** and sliced finely 🍴

2 Cups Shredded Carrots, **washed** 🍴

1 Tbsp Poppy Seeds 🍴

¾ Cup **Roasted** & Salted Sunflower Seeds 🍴

Dressing

3 Tbsp Lemon Juice, **washed** before juicing

¼ Cup Extra Virgin Olive Oil 🍴

1 Garlic Clove, minced

½ Tsp Ground Cumin

½ Tsp Kosher Salt



Nourishment Note



Green & Purple Cabbage

Cruciferous vegetables contain insoluble fiber to help relieve constipation. Cruciferous vegetables are also high in phytonutrients to help protect healthy cells.



Carrots

Carrots contain insoluble fiber important in relieving constipation. Carrots are also bountiful in vitamins A, K, and potassium.



Poppy Seeds

Seeds and nuts contain high amounts of important insoluble fiber to help fuel digestive regularity.



Sunflower Seeds

Seeds and nuts contain high amounts of important insoluble fiber to help fuel digestive regularity. Sunflower seeds contain vitamin E important to helping reduce inflammation.



Extra Virgin Olive Oil

Extra virgin olive oil contains antioxidants and monounsaturated fats important to lowering inflammation in the body and reducing the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

In a medium-sized mixing bowl, add the cabbages, carrots, and seeds.

3. Prepare Dressing

In a small bowl whisk the lemon dressing ingredients until well blended.

4. Mix Salad & Dressing

Drizzle the dressing over the slaw mixture. Toss to combine.

5. Refrigerate

Refrigerate salad within 2 hours of preparing. Slaw will keep in a covered container in the refrigerator for up to 3 days.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Cutting Board



Knife



Medium-Sized Mixing Bowl



Spoon



Measuring Cups



Measuring Spoons



Whisk

Fatigue Buster

- Look for pre-cut cabbage or slaw mixes instead of chopping your own.
- Look for pre-cut or shredded carrots instead of chopping your own.
- Use bottled lemon juice instead of freshly squeezing.
- Use a garlic press, or pre-minced garlic to reduce preparation time.
- Enlist in the help of a trusted friend or family member to help prepare this dish.