



ASIAN SLAW

Nutrient Analysis

PER SERVING (1/8 of recipe)
(3/4 cup per serving)

Renal exchange:

1 Vegetable

Calories	216 kcals
Protein	2g
Carbohydrates	11g
Fiber	1.2g
Total Fat	18g
Saturated Fat	1.3g
Cholesterol	0mg
Sodium	13mg
Potassium	203mg
Phosphorus	32mg

SUGGESTION

*Prepare in advance, keep in the fridge
This recipe can be easily halved.*

INGREDIENTS

**3 cups of your favourite cabbage,
shredded fine**
1 carrot, peeled and grated
1 cup loosely packed bean sprouts
1/2 cup of grapes, halved
1 green apple, grated
Juice of 1/2 large lemon, or 1 small

1/3 cup white wine vinegar
**1 tablespoon orange juice
concentrate**
2/3 cup canola or olive oil
1/2 teaspoon celery seed
1/4 teaspoon black pepper
1 tablespoon honey
**1/4 cup (or more) fresh chives,
chopped fine.**
(parsley will do in a pinch)

PREPARATION: 20 MINUTES

8 SERVINGS

PREPARATION

- 1** Prepare vegetables and fruits.
- 2** Transfer them into a glass bowl, grating the apple last and sprinkling the lemon juice over all ingredients before mixing (to keep from browning).
- 3** Make dressing, pour over vegetable and fruit mix and toss.
- 4** Refrigerate until ready to serve.