

GREEN BEAN SLAW

INGREDIENTS

SLAW

1 cup red cabbage, thinly sliced

2 cups green beans, trimmed and cut in 1-inch pieces

1/4 cup shallot, sliced into thin rings

1/2 cup baby arugula

VINAIGRETTE

1 tablespoon chives, finely chopped

1 teaspoon dijon mustard

1 teaspoon liquid honey

1 tablespoon cider vinegar

2 tablespoons olive oil

1/8 teaspoon ground black pepper



PREPARATION: 20 MINUTES

COOKING: 5 MINUTES

4 SERVINGS

Nutrient Analysis

PER SERVING

1/4 of recipe: 1 cup

Renal exchange:

1 Vegetable

Calories	103Kcal
Protein	2g
Carbohydrates	9g
Fibre	2.4g
Total Fat	7g
Saturated Fat	1g
Cholesterol	0mg
Sodium	41mg
Potassium	233mg
Phosphorus	39mg

PREPARATION

- 1** In a saucepan, bring water to a boil and cook the green beans (approximately 5 minutes). Immediately rinse the beans under cold water to stop the cooking process. The beans should still be crisp.
- 2** In a serving bowl, toss together the slaw: cabbage, beans, shallot rings and arugula.
- 3** In a small bowl, whisk together the vinaigrette: chives, mustard, honey, vinegar, olive oil, and ground black pepper.
- 4** Pour the vinaigrette over the green bean slaw and toss to combine.

Tips

Serve as a side dish for meats or fish.

Dress it up with a protein, such as sliced steak or boiled egg and make it a meal.