

Super Slaw Salad

Salad

- 2 Cups Shredded or Coarsely Chopped Raw Kale (stems removed)
- 2 Cups Shredded Raw Red Cabbage
- ½ Cup Shredded Raw Carrots
- 1/2 Cup Chopped Raw Broccoli
- 1/4 Cup Chopped Raw Kohlrabi
- 1/4 Cup Chopped Brussel Sprouts
- 2 Tablespoons Craisins
- 1/4 Cup Wonton Strips

Dressing

- 1/4 Cup Oriental Dressing

Nutrition Information

Based on 1/2 Cup Serving

Calories	47 kcal
Total Fat	1.4 gms
Saturated Fat	1 gm
Cholesterol	0 mg
Sodium	89 mg
Carbohydrates	8 gms
Fiber	1.2 gms
Protein	1.3 gms

Instructions:

Wash all fresh vegetables. Combine all vegetables and craisins in a large bowl. Just prior to serving, toss the vegetables and craisins with 1/4 cup of Oriental Dressing. Garnish salad with wonton strips. Enjoy!

Recipe Yields: 10, 1/2 Cup Servings