

# Crunchy Cruciferous Slaw

## Ingredients:

6 cups cruciferous slaw mix  
1 tsp grated fresh ginger root  
1 tsp minced jalapeno pepper (seedless)  
1 clove minced garlic  
1/4 cup balsamic vinaigrette or tahini dressing  
1/4 cup toasted, shelled peanuts  
1 cup thinly sliced carrots

## Directions:

Prepare all of the ingredients above. If the peanuts are not already roasted you can roast them lightly in a nonstick fry pan over medium heat until they are nutty brown or you can place them in an oven at 375 degrees and roast until brown for about 5-8 minutes.

Mix all items together and serve on a plate. You can add extra peanuts, peppers, and ginger as condiments at the table.

## Chef's notes:

This slaw would go very well with grilled or broiled items such as poultry or seafood. It can also be served with a veggie burger or sandwich.

The cruciferous mix pictured below is available in many grocery stores. You can also shred a few cruciferous vegetables like broccoli, kale, and Brussels sprouts.

Serves 6. Each 1.5-cup serving contains: 79 calories, 4g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 274mg sodium, 12g carbohydrate, 3g fiber, 5g sugars, 3g protein.  
Allergens: Milk, Egg, Peanut, Tree Nut, Wheat, Soy

