

Broccoli Slaw Salad

This easy and tangy broccoli slaw recipe is perfect as a side during a BBQ, or you can add your favorite protein to make it a nutritious and filling meal. Pair it with a sweet and spicy homemade dressing to give it an extra bit of zing.



Broccoli Slaw Ingredients

- ◆ 3 cups thinly shredded broccoli stems (or pre-packaged broccoli slaw)
- ◆ 1 cup finely cut broccoli florets
- ◆ 3 cups kale, thinly shredded
- ◆ 1 cup carrots, thinly shredded
- ◆ 1 cup red cabbage, thinly shredded
- ◆ 1 tbsp olive oil
- ◆ 1/2 cup dried cranberries
- ◆ 1/4 cup sunflower seeds
- ◆ Optional: 8 oz protein of choice

Dressing Ingredients

- ◆ 1/2 cup mayonaise
- ◆ 1 tsp dijon mustard
- ◆ 4 tsp lemon juice
- ◆ 2 tsp apple cider vinegar
- ◆ 1/4 tsp kosher salt
- ◆ 2 tbsp honey
- ◆ 1/8 tsp chili powder (add to desired spice level)

Directions

◆ Step 1:

In a large bowl, combine broccoli stems and florets, kale, carrots, cabbage, cranberries, sunflower seeds, and if desired, protein of choice.

◆ Step 2:

In a medium-sized bowl, whisk together dressing ingredients

◆ Step 3:

Drizzle about 1/2 of the dressing on the mixed salad ingredients. Add more as desired. Season with pepper as needed.

◆ Step 4: Enjoy!

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