



### Refreshing Cranberry Mint Slaw

(Makes 8 Servings)

A cool, crunchy side that's perfect with grilled fish or a burger.

3 cups	green or red cabbage, finely chopped	750 mL
2 cups	fresh kale, stems removed, chopped	500 mL
2	carrots, coarsely grated	2
¼ cup	thinly sliced red onion	60 mL
½ cup	dried cranberries	125 mL
½ cup	chopped fresh mint	125 mL
	juice of 1 fresh lime	
¼ cup	canola or olive oil	60 mL
1 Tbsp	honey	15 mL
	salt and freshly ground pepper, to taste	
2 Tbsp	toasted pumpkin seeds	60 mL

1. In a large bowl, combine cabbage, kale, carrots, onion, cranberries and mint.
2. In a small container with a lid, shake together lime juice, oil and honey. Season to taste with salt and pepper.
3. Drizzle dressing over slaw and toss well to combine. If time allows, let slaw rest in the fridge for an hour or more before serving for flavours to mellow.
4. Just before serving, sprinkle with pumpkin seeds.

Per serving: 131 calories, 12 g carbohydrate, 2.5 g fibre,  
27 mg sodium, 9 g fat, 2.5 g protein

