



Elliott Evans Nutrition, LLC
Prevent and Protect
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KALE SLAW WITH RED CABBAGE AND CARROT **WHOLELIVING.COM**

- **In a small bowl, whisk:**
 - **1 tablespoon Dijon mustard**
 - **1 teaspoon apple cider vinegar**
 - **Season with salt and pepper**

- **In another bowl, combine:**
 - **3 cups mixed shredded kale and cabbage**
 - **1 peeled and julienned carrot**
 - **¼ cup fresh parsley leaves**
 - **1 tablespoons diced red onion**
 - **2 tablespoons each sunflower, pumpkin and hemp seeds**

- **Season with coarse salt and pepper, drizzle with dressing, and toss to coat.**