

WHAT'S IN SEASON ...

CARROT & PINEAPPLE SLAW

INGREDIENTS:

- 4 cups shredded carrots
- ¼ cup dried cranberries
- 1 apple shredded
- ½ cup pineapple diced
- 2 Tbsp apple cider vinegar
- 1 Tbsp fresh lemon juice
- ¼ to ½ cup mayonnaise

DIRECTIONS:

- Add the first four ingredients to a large bowl.
- Combine the lemon juice, apple cider vinegar, and mayonnaise in a small bowl and whisk until well-blended.
- Pour the mayonnaise mixture into the salad bowl and toss until well-blended.
- Refrigerate before serving.

* Gluten Free: This is already a gluten free recipe.



NUTRITIONAL FACTS

4 SERVINGS
Calories: 215
Protein: 2 grams
Carbohydrates: 29 grams
Fat: 11 grams

CALORIE CONSIDERATIONS:

Since this is a side dish, there are no calorie considerations. But this is delicious on top of any type of grilled poultry or fish!