

Fiesta Slaw

From the American Institute for Cancer Research
<http://www.aicr.org/health-e-recipes/2016/fiesta-slaw.html>

Ingredients

- 1 orange, juice yields only
- 1 tbsp. extra virgin olive oil
- 2 cloves garlic, finely minced
- 1 jalapeño pepper, seeded and minced
- ½ mango, diced
- 1 large red bell pepper, cut into thin strips
- 1 large green bell pepper, cut into thin strips
- 1 large yellow bell pepper, cut into thin strips
- ½ apple, cut into thin strips
- 1/3 cup (packed) fresh cilantro leaves, minced
- salt and freshly ground black pepper

Instructions

1. Purée first 3 ingredients in blender or food processor until dressing is smooth.
2. Place peppers, jalapeño, mango, apple and cilantro in a large bowl.
3. Add dressing and toss to mix and coat well.
4. Season with salt and pepper to taste.
5. Cover and refrigerate until vegetables soften a little but still crunchy, about 4 hours.
Serve at room temperature.

Makes 10 servings

Nutrition information per serving

Calories: 45	Dietary Fiber: 2 g
Total Fat: 2 g	Sodium: 2 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol:	Carbohydrates: 8 g

