

Cauliflower, Cabbage, and Carrot Salad

From the American Institute for Cancer Research (AICR)

<http://www.aicr.org/foods-that-fight-cancer/broccoli-cruciferous.html#recipes>

Ingredients

- 1 small cauliflower, cut into florets
- 1 cup finely shredded red cabbage
- 2 medium carrots, grated
- 1 small red onion, finely chopped
- ¼ cup chopped walnuts
- 2 Tbs. chopped fresh parsley
- 1 Tbs. white vinegar
- 1 tsp. Dijon mustard
- 1 Tbs. extra virgin olive oil
- 1 Tbs. low-fat mayonnaise

Instructions

1. Toss together cauliflower with cabbage, carrots, onion, walnuts, and parsley.
2. Whisk together vinegar and mustard. Add oil and mayo, whisk again.
3. Drizzle over salad and mix well.

Makes 6 servings

Nutrition information per serving:

Calories	90
Carbohydrate	7 g
Dietary Fiber	2 g
Protein	2 g
Total Fat	6 g
Saturated Fat	1 g
Sodium	70 mg

