

Avocado Cabbage Carrot Coleslaw with Walnuts

Ingredients

- 2 ripe avocados, halved, pitted, diced and divided
- ¼ cup vinegar (can substitute with fresh lemon juice)
- 2 tablespoons water
- 1 tablespoon sugar
- ½ teaspoon ground cumin
- 4 cups sliced green cabbage
- 2 cups grated carrots
- ½ cup sliced red onion
- ¼ cup cilantro leaves
- Ground pepper to taste
- handful of walnuts



Makes 6, 1 cup servings
Prep time: 10 minutes

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Preparation

Place one avocado, vinegar, water, sugar, and cumin in a blender. With blender on puree setting, blend until smooth. In a large bowl, combine cabbage, carrots, onion, cilantro and one diced avocado. Pour dressing over cabbage mixture, toss gently and season to taste with ground pepper. Add protein such as walnuts.

Nutritional information per serving

Calories 140

Carbohydrate 15 g

Dietary Fiber 7 g

Protein 2 g

Total Fat 9 g

Saturated Fat 1.5 g

Trans Fat 0 g

Cholesterol 0 g

Sodium 140 mg

Recipe: American Diabetes Association