



Citrus Salad with Napa Cabbage

Yield: 5 servings

Ingredients

- 2 grapefruits
- 3 oranges
- ½ head napa cabbage, shredded
- ⅓ cup dried cherries, low or no sugar added
- ½ cup chopped roasted cashews
- ¼ cup minced onion
- 2 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper

Instructions

1. Cut away peel and pith from grapefruits and oranges, slice fruit in half and then slice into ¼ inch half moon pieces. Place in a bowl with any juice from the fruits.
2. In a large bowl combine cabbage, dried cherries and cashews.
3. In a small bowl whisk together onion, olive oil, mustard, salt, pepper and 3 tablespoons of the juice from the fruits. Add mixture to the cabbage and toss.
4. Arrange slaw on a platter or shallow bowl and top with citrus slices.

Nutrition Information

Serving Size: 1 cup slaw with ⅔ cup citrus salad
Calories: 276
Total Fat: 12 g
Saturated Fat: 2 g
Monounsaturated Fat: 7.7 g
Polyunsaturated Fat: 1.7 g
Sodium: 134 mg
Total Carbohydrate: 42 g
Dietary Fiber: 6 g
Sugars: 28 g
Protein: 5 g

Source: Adapted from Cooks Illustrated



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