



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Simple Cabbage Slaw

Serves 8

Ingredients for Slaw:

- 1 small head cabbage (red or green, shredded)
- 4 large carrots (shredded)
- 4 green or white onions (thinly sliced)

Ingredients for the Vinaigrette:

- 1 TBSP Dijon mustard
- 1 garlic clove
- 1/3 cup olive oil
- 1/4 cup unfiltered organic apple cider vinegar or red wine vinegar
- 2 TBSP fresh lemon juice
- 1 TBSP honey
- Salt and pepper to taste



Directions:

1. In a large bowl, place shredded cabbage, carrots and green onions.
2. In a separate bowl, whisk together vinaigrette ingredients until well combined. Pour dressing over the cabbage mixture and toss to combine.
3. To allow best absorption of flavors, place mixture in the refrigerator for 15 minutes.

Nutrition Tips:

1. Carrots are rich in fiber and several phytonutrients, namely beta-carotene, which have been known to support eye, skin, and respiratory cell membrane health.
2. Cabbage is a cruciferous vegetable rich in fiber and several phytonutrients, namely anthocyanins which give it that vibrant purple color and antioxidant effect. Cabbage is also an excellent source of vitamin K, vitamin C, and vitamin B6.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.