

# NUTRIENT PACKED FALL SLAW

Take advantage of fresh fall vegetables in this tasty slaw. It is loaded with fiber. For those trying to naturally control blood pressure, nutrients in beets appear to help.

## INGREDIENTS

1/2 cup broccoli *chopped*  
1 medium beet *cut in matchsticks*  
1 1/2 cup carrots *cut into matchsticks*  
1/2 cup radish *cut into matchsticks*  
1 large sweet apple *cut into matchsticks*  
1/3 red onion *thinly sliced*  
1/3 cup roasted unsalted sunflower seeds

## DRESSING

2 1/2 Tbsp tahini  
1 Tbsp apple cider vinegar  
1 large lemon (juiced)  
1 - 2 Tbsp maple syrup  
1 pinch each sea salt + black pepper  
1 Tbsp extra virgin olive

Prepare all veggies and add to a bowl.

Whisk dressing ingredients in a small mixing bowl and taste. Adjust seasonings as needed.

Add dressing to veggies, along with sunflower seeds, and toss to coat.

Chill for at least 1 hour before serving, preferably 2-3 hours or up to overnight. This can be stored in the fridge covered for a few days, though best within the first 24-48 hours.

*Makes 6 servings.*

*Nutrition Information:*

*Calories: 179*

*Carbohydrates: 16.8 g*

*Protein: 4 g*

*Fat: 11.8 g*

*Saturated Fat: 1.8 g*

*Trans Fat: 0 g*

*Cholesterol: 0 mg*

*Sodium: 46 mg*

*Fiber: 4.5 g*

*Sugar: 11.8 g*



**Wisconsin Athletic Club**

[www.thewac.com/nutrition](http://www.thewac.com/nutrition)

