

159 calories, 10g fat, 2g saturated fat, 258mg sodium,

16g carbohydrate, 5g fiber, 8g sugar, 4g protein

TRANSAMERICA INSTITUTE°

INGREDIENTS

- 3 large carrots, shredded (about 2 cups)
- 1 medium head red or green cabbage, shredded (about 1½ lbs or 6 cups)
- 1/2 cup fresh parsley, chopped
- 3 tablespoons olive oil
- 3 tablespoons apple cider vinegar
- 2 teaspoons brown sugar
- 1/2 teaspoon celery seed
- 1 garlic clove, minced
- 1/4 teaspoon cayenne
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- ¼ cup mixed seeds (eg, sunflower seeds, sesame seeds)



DIRECTIONS

- 1. Combine cabbage, carrots, and parsley in a large bowl.
- Whisk together all remaining ingredients
 except seeds in a small bowl. Pour over
 shredded vegetables and toss well to combine.
 If time allows, cover and refrigerate for an hour
- 3. Top with seeds right before serving.