gαυbιεα bιοιμ bανbιου bιοις aμις aχιτιbς aχιaχιοις aχιaχaχa

Nutrition Facts (Serving size 1 cup): Calories–70; Protein–3g; Carbohydrate–13g; Total Fat–2g; Saturated Fat–0g; Cholesterol–0mg; Fiber–4g; Sodium–320mg; Vitamin C–120%; Vitamin A–120%; Iron–4%; Calcium–10%

I bunch collard greens (about 8 ounces), stems removed and leaves thinly sliced

3 medium carrots, grated

1 bunch collard greens (about and leaves thinly sliced and leaves the sliced and l



Directions

1. Put cabbage, collard

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 8

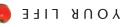
Smart Slaw

1 small head green

cabbage, thinly sliced

Z teaspoons sugar

¼ teaspoon pepper





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Smart Slaw

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 8

- 1 small head green cabbage, thinly sliced
- 1 bunch collard greens (about 8 ounces), stems removed and leaves thinly sliced
- 3 medium carrots, grated
- 1/4 cup white vinegar
- 1/4 cup reduced-fat mayonnaise
- ¼ cup nonfat yogurt
- 34 teaspoon salt
- 2 teaspoons sugar
- 1/4 teaspoon pepper

Directions

- 1. Put cabbage, collard greens, and carrots in a large bowl.
- 2. In a small bowl, mix together vinegar, mayonnaise, yogurt, salt, sugar, and pepper. Whisk with a fork.
- 3. Pour dressing on top of the vegetables and mix well.



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Adapted from Washington State University Extension Food \$ense



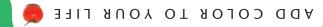
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.



These are vegetables in the cabbage family. They include bok choy, broccoli, brussels sprouts, kohlrabi, cauliflower, kale, mustard greens, radishes, and turnips. These vegetables are low in calories and high in fiber, vitamins, and minerals. They also contain 'phyto' or 'plant' chemicals that promote healthy intestines. They also are protective against some cancers.

What are 'cruciferous vegetables'?



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