



Street Parking Coleslaw



prep time
10 minutes



total time
10 minutes



servings
4-6

Ingredients

- 4-5 cups coleslaw mix (~4-5 servings of veggies)
- 1 diced jalapeno
- 1 (145g) pink lady apple sliced into matchsticks size pieces (~1 serving of carbs)
- 1/2 cup cilantro diced

Poppyseed Dressing Ingredients

- 1/2 teaspoon salt
- 1 tablespoon honey (~1 serving of carbs)
- 2 tablespoon white distilled vinegar or apple cider vinegar
- 1/4 cup (35g) plain Greek yogurt (~.5 serving of protein)
- 1 tablespoon olive oil (~1 serving of fat)
- 1 teaspoon poppy seeds (~.25 serving of fat)

Instructions

- 1 Combine coleslaw mix, jalapeno, apples, and cilantro in a bowl.
- 2 Mix all poppyseed ingredients together in a jar, cover and shake well to combine.
- 3 Pour poppy seed dressing on top of the coleslaw ingredients. Mix thoroughly and top with salt and pepper. If you need to you can add more apple cider vinegar to stretch the dressing.

*Honey isn't on the template, but would be an item you can incorporate on occasion



Whole recipe serving breakdown:
.5 Serving Protein
2 Serving Carb
1.25 Servings Fat
4-5 Servings Veggies

simple side dish

