



Mexican Quick Slaw



prep time
10-15 min



total time
10-15 min



servings
4

Ingredients

- 1 bag of coleslaw mix
~ 4 servings of veggies
- 1/4 cup/70 grams greek yogurt
~ 1 protein serving
- 2-3 Tbsp apple cider vinegar
- 1/2 tsp each salt & pepper
- 1 tsp cumin
- 1/4 cup/30 grams feta or cojita cheese
~ 1 protein serving, 1/3 fat serving
- 1/4 cup fresh cilantro, chopped
- 1/2 red onion, chopped
~ 1 veggie serving
- 1 lime, juiced

Instructions

- 1 Add all ingredients to a bowl and mix well.

Whole Recipe Breakdown:

2 Servings Protein
0 Servings Carb
1/3 Servings Fat
5 Servings Veggies



 simple side dish