Rainbow Salad

Source: Healthy Eating for Life for Children by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

The cabbage in this recipe contains a group of cancer-fighting compounds called indoles, which can help fight breast cancer.

About the Recipe

39 Calories · 1.3 g Protein · 1.3 g Fiber
Lunch · Dinner

This colorful and flavorful salad is loaded with vitamin C, beta-carotene, and other disease-fighting antioxidants.

Ingredients

Makes 12 Servings

- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 2 carrots, grated or julienned
- 2 celery stalks, thinly sliced
- 3 green onions, sliced
- 1 apple, finely chopped or julienned
- 1 tbsp. lemon juice
- 1/2 cup tofu mayo or other dairy- and egg-free mayonnaise substitute
- 1/3 cup apple juice concentrate

Directions

1. Combine cabbage, carrots, celery, and green onions in a salad bowl.
2. In a separate bowl, toss apple with lemon juice. Add to salad.

3. Add tofu mayo or another dairy- and egg-free mayonnaise substitute and apple juice concentrate and mix well. If possible, chill before serving.

Nutrition Facts

Per 1/2-cup serving

Calories: 39
Protein: 1.3 g
Carbohydrate: 8.4 g
Sugar: 5.9 g
Fat: 0.4 g
Calories from fat: 9.2%
Fiber: 1.3 g
Sodium: 87 mg