

# 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