

## Summer Coleslaw

Summer Coleslaw is not your average slaw. This version of coleslaw is extra crunchy with snow peas, radishes, and hazelnuts.

Serves: 4

### Ingredients

- 1/2 small head cabbage, shredded
- 2 carrots, shredded
- 1 cup snow peas, thinly sliced
- 1 cup radishes, thinly sliced
- 6 scallions, thinly sliced
- 2 tablespoons chopped, toasted hazelnuts
- 2 tablespoons chopped parsley
- 1 tablespoon poppy seeds
- Juice of 1/2 lemon
- 3 tablespoons hazelnut or extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



### Preparation

1. In serving bowl, combine cabbage, carrots, snow peas, radishes, scallions, hazelnuts, parsley, and poppy seeds.
2. In a small bowl, whisk together lemon juice, oil, salt, and pepper; toss with slaw.

**Nutritional Information: Amount per serving:** Calories: 185

Fat: 13.7g      Saturated fat: 1.1g      Protein: 4g      Carbohydrate: 15g  
Cholesterol: 0 mg      Fiber 6 gm