

Blue Slaw



Ingredients

$\frac{3}{4}$ c apple cider vinegar
3 c green cabbage, shredded
1 $\frac{1}{2}$ tbsp Dijon mustard
 $\frac{1}{4}$ tsp salt
1 c grated carrot
1 c grated parsnip
 $\frac{1}{2}$ c dried blueberries,
 $\frac{1}{4}$ tsp pepper
1 cup water

Directions

Combine water and dried blueberries in a bowl and let sit 8 hours or overnight. Drain blueberries, mix the blueberry water with the mustard, salt, pepper and vinegar.
Add the cabbage, carrots, parsnips and blueberries. Let sit for 10 minutes. Adjust salt and pepper to taste.

Nutritional Information

Calories per serving 79

Total Fat 3g

Saturated Fat 0

Cholesterol 1mg

Sodium 215 mg

Total Carbohydrates 14g

Dietary Fiber 3g

Protein 1g

Servings 10