

## Broccoli Slaw with Pear

Prep Time: 12 min

Servings: 8 (1/2 cup)

½ cup low fat Mayo  
2 tsp apple cider vinegar  
1/4 tsp. Coriander  
1/4 tsp fresh ground Black Pepper  
Dash Crushed Red Pepper  
1 clove Garlic minced  
12 oz Broccoli Slaw (purchased) or grated cabbage  
1 pear w/ peel shredded (ripe but firm)  
1 Tbs lemon juice  
1/3 cup sunflower seeds or chopped Almonds (optional)

### Directions:

1. In a small bowl combine first 5 ingredients whisk until smooth.
2. Combine shredded pear and citrus juice. Mix well to coat apple.
3. Combine all ingredients except nuts in a large bowl.
4. Mix thoroughly.
5. Refrigerate until time to serve.
6. Top with nuts or seeds just before serving.

To prepare broccoli slaw from scratch: cut florets from broccoli stalk. Peel tough, woody exterior from stalks. Then grate on large holes in box grater or shred in food processor. Add in grated carrot or red cabbage or red onion for color.

### Nutrition Information

Calories: 64	Carb 5 g
Fat 4 g	Protein 2.5 g
Saturated fat .5 g	Fiber 1.2 g
Mono fat .9 g	Sodium 78 mg
Poly fat 2.5 g	Potassium 185 mg