



SIMPLE CABBAGE SALAD

Basic Lifestyle

INGREDIENTS

2 TBS lemon juice
2 TBS extra-virgin olive oil
2 TBS chopped fresh flat-leaf parsley
1 TBS Dijon mustard
1 TBS honey
1 TSP garlic powder
½ TSP salt
½ TSP ground pepper
8 cups shredded green cabbage (from 1 small head)

INSTRUCTIONS

—Whisk lemon juice, oil, parsley, mustard, honey, garlic powder, salt and pepper together in a large bowl.

—Add cabbage and toss to coat; let stand for 10 minutes.

—Toss again; serve immediately or refrigerate for up to 1 hour before serving.

SERVING INFO: (Yields 4 servings)

1 1/4 cups = 2 V, ½ FT

See photo of recipe at [Instagram](#) and [Facebook](#).