

Broccoli and Carrot Salad with Dried Cranberries

PREP TIME: 25 MINUTES

This recipe dresses up a basic slaw with dried cranberries and slivered almonds, swaps in shredded broccoli for the usual cabbage, and adds color and flavor from sweet bell peppers and earthy kale. This combination of vegetables is very high in fiber, so it supports a healthy digestive system, keeps blood sugar levels under control, and can lower cholesterol.

ONE-POT

**UNDER
30 MINUTES**

VEGETARIAN

DAIRY-FREE

For the dressing

3 tablespoons apple cider vinegar

2 tablespoons olive oil

1 tablespoon honey

1 teaspoon chopped fresh thyme

Sea salt

Freshly ground black pepper

For the salad

2 cups broccoli slaw

2 carrots, shredded

1 red bell pepper, julienned

1 yellow bell pepper, julienned

2 cups shredded kale

2 tablespoons dried cranberries

2 tablespoons sliced or slivered almonds

To make the dressing

1. In a small bowl, whisk together the vinegar, olive oil, honey, and thyme until well blended.
2. Season with salt and pepper and set aside

To make the salad

1. In a medium bowl, mix together the broccoli, carrots, bell peppers, kale, cranberries, and almonds and toss with the dressing until combined.
2. Serve.

PER SERVING: Calories: 358; Total fat: 18g; Saturated fat: 2g; Cholesterol: 0mg; Sodium: 84mg; Total carbs: 46g; Fiber: 9g; Sugar: 24g; Protein: 10g