

Crunchy Coleslaw

Serves: 8 (4 today and 4 planned-over for another day)

8 cups **shredded cabbage and carrots** (you can use pre-shredded coleslaw with a mixture of green and/or purple cabbage with carrots)
1 **red bell pepper**, seeded and chopped

Place one half of the slaw and chopped pepper in a medium bowl for serving tonight, and the other half in an airtight container, stored in the fridge for another night. If you choose to shred your own cabbage and carrots by using a food processor, any combination of each will work as long as it yields 8 cups.

3 Tbsp **apple cider vinegar**
3 Tbsp **rice wine vinegar**
2 Tbsp **olive oil**
2 tsp **toasted sesame oil**
1/4 cup **pure maple syrup**
3/4 tsp **salt**
Dash **black pepper**

In a small bowl or mason jar, whisk or shake to combine.
Set aside until ready to serve.

1/2 cup **slivered almonds**
1/4 cup **sesame seeds** (or sunflower seeds)

Add to a small dry skillet over medium heat. Cook for about 3 minutes until toasted and fragrant. Remove from skillet and set aside to halt the cooking and cool. Once cool, stir half into tonight's coleslaw, reserving the rest for the planned-over coleslaw. When ready to serve, pour half of the dressing over tonight's coleslaw and reserve the other half of the dressing for the planned-over coleslaw. Enjoy!

QUICK TIP: Toasted sesame oil adds excellent flavor. Be sure the label says "toasted," so it has the flavor you are looking for.

Nutrition Information for 1 cup: Calories: 140 • Fat: 8.5 g • Sat Fat: 0.9 g • Chol: 0 • Fiber: 4 g • Protein: 3 g • Total Carb: 15 g • Sugars: 9 g • Sodium: 190 mg

Easy Greek Salad

Serves: 4

6 cups **baby spinach leaves** (or romaine)
1 cup **cherry tomatoes**, cut in half
1/2 **cucumber**, chopped into bite-sized pieces
1/2 **red onion**, thinly sliced into rings, then cut in half
10 **Kalamata olives**, drained and sliced (about 1/4 cup)

Add to a large bowl.

1 Tbsp **olive oil**
1 Tbsp **balsamic vinegar**

Drizzle over the salad and toss to coat well.

1 can (8.25 oz) **sliced beets**, no salt added
2 Tbsp **crumbled feta cheese**

Add the beets on top and sprinkle with feta cheese just before serving.
Serve and enjoy!

Nutrition Information for approximately 2 cups: Calories: 110 • Fat: 5.5 g • Sat Fat: 1.3 g • Chol: 4 mg • Fiber: 4 g • Protein: 4 g • Total Carb: 13 g • Sugars: 6 g • Sodium: 185 mg