



STEVEN'S TURNIP COLESLAW

COOK TIME: 0 minutos

SERVING SIZE: ½ cup

SERVES: 12

INGREDIENTS

- 3 medium turnips (around 4 cups), shredded
- 2 medium carrots (around 1 ½ cup), shredded
- ½ red bell pepper (around ½ cup), diced
- ¼ cup green onions (green part only)
- ½ cup light mayonnaise
- 1 tablespoon white vinegar
- ½ tablespoon sugar
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper



PREPARATION

1. Shred turnips and carrots with a grater and drain using a clean kitchen cloth.
2. In a medium bowl, combine all ingredients and toss well to combine. Refrigerate to allow flavors to blend.

SOURCE

Steven's Kitchen
Recipe modified by CHOICES Nutrition Education Program

Nutrition Facts	
12 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 1mg	6%
Potassium 217mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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ENSALADA DE NABO DE STEVEN

TIEMPO DE PREPARACIÓN: 0 minutos

TAMAÑO DE PORCIÓN: ½ taza

PORCIONES: 12

INGREDIENTES

- 3 nabos medianos (alrededor de 4 tazas), rallados
- 2 zanahorias medianas (alrededor de 1 ½ taza), ralladas
- ½ chile morrón rojo (alrededor de ½ taza), picado
- ¼ taza de cebollas verdes (parte verde)
- ½ taza de mayonesa baja en grasa
- 1 cucharada de vinagre blanco
- ½ cucharada de azúcar
- 2 cucharaditas de jugo de limón
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra molida

PREPARACIÓN

1. Ralle los nabos y zanahorias con un rallador y escurra el líquido usando una toalla de cocina seca y limpia.
2. En un tazón mediano, combine todos los ingredientes y mezcle bien. Refrigere para dejar que todos los sabores se combinen.

FUENTE

Steven's Kitchen

Receta modificada por CHOICES Programa Educativo de Nutrición



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