

Broccoli Slaw

Here's a new twist on traditional coleslaw. It's easy to make and so delicious.

Prep Time: 10 Minutes

Ready In: 10 Minutes

Yields: 6 servings

INGREDIENTS:

4 cups broccoli florets

1 medium carrot, shredded

2 cups shredded red cabbage

1/2 cup raisins

1 small sweet onion, chopped

1 (16 ounce) bottle coleslaw dressing

DIRECTIONS:

1. In a serving bowl, combine all ingredients. Cover and refrigerate for at least 2 hours. Stir before serving.

Stir-Fried Kale and Broccoli Florets

Kale and broccoli are stir-fried with slivered garlic and chopped chile peppers, and finished with a splash of lime juice for a bright-tasting, satisfying side dish.

Prep Time: 5 Minutes

Cook Time: 5 Minutes

Ready In: 10 Minutes

Yields: 6 servings

INGREDIENTS:

1/8 cup extra virgin olive oil

7 cloves garlic, sliced

1 chile pepper, chopped (optional)

1 head fresh broccoli, chopped

1 bunch kale, stems removed and chopped

1/4 cup sun-dried tomatoes, cut in thin strips

juice of 2 limes

salt

DIRECTIONS:

1. Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in

broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring

frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with

salt to taste. Toss well.