



CUMIN LIME COLESLAW

By Dr. Cindy Tanzar
(Standard)

Coleslaw is great any time of year. This recipe twist provides a whole new flavor profile of coleslaw that can accompany a wide range of meal options. It goes great with chicken, sloppy joes, fish or chili. If using the bagged coleslaw, you will have a small amount of shredded carrot in the mix. It won't have much impact at all on weight loss per serving with this recipe.

Makes 3-4 servings. One serving (by itself) is 2 cups (or you can eat 1 cup and add 1 cup raw or ½ cup cooked of another vegetable). It also covers your fat for one meal.



INGREDIENTS

- 6 cups shredded green cabbage (can use bagged coleslaw mix)
- 2-3 green onions, thinly sliced
- ½ cup mayonnaise (Primal Kitchen or GHS recipe)
- 2 Tbsp. fresh lime juice
- ½ Tsp. pink Himalayan salt



1 Tsp. ground cumin
Pinch of cayenne pepper
1-2 drops stevia, to taste
(Can add 2 shredded carrots on maintenance)

DIRECTIONS

Prepare coleslaw dressing by stirring together mayonnaise, lime juice, salt, cumin, cayenne and stevia. Refrigerate until ready to use.

Cut the cabbage into thin wedges, then cut across the wedge into thin strips. Place into a large bowl, adding the green onions.

Pour the dressing over the cabbage mixture, stirring well. Refrigerate for at least an hour. It is better after several hours or overnight. Stir well again before serving.