

Sweet Potato and Broccoli Slaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: ¾ cup

Ingredients	Quantity	Measure
Dressing		
Plant-based mayonnaise	½	cup
Silken tofu or soy yogurt	½	cup
Orange juice concentrate	3	Tbsp.
Lemon juice	2	Tbsp.
Garlic, fresh, minced	2	tsp.
Black pepper	2	tsp.
Slaw		
Sweet potato, raw, shredded	6	cups
Broccoli stalks, raw, shredded	2	cups
Walnuts	¾	cups
Raisins	½	cup
Lemon zest	1	Tbsp.
Orange zest	1	tsp.

Preparation

1. In a large bowl, combine all dressing ingredients and mix until well blended.
2. In another bowl, combine all slaw ingredients and toss to combine. Add dressing to slaw and mix until slaw is well-coated.
3. Refrigerate, covered, until ready to serve. Slaw will last up to two days in the refrigerator.

Nutrition Information

 *From USDA Nutrient Database

Calories: 207 Total Fat: 12.6g Saturated Fat: 1.3g Monounsaturated Fat: 0.8g
Polyunsaturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 22g Fiber: 3.3g
Total Sugar: 8g Protein: 3.5g Sodium: 100mg Vitamin A: 453µg Vitamin C: 19mg
Calcium: 44mg Iron: 1mg Folate: 27µg

