



# Cabbage, Broccoli, & Cauliflower Salad



## Ingredients



- 2 cups shredded cabbage
  - 2 cups broccoli, diced
  - 2 cup cauliflower, diced
  - 1/2 red onion, diced
- Dressing:
- 1 cup mayo
  - 1/4 cup white vinegar
  - 2 Tbsp. honey

Yield: ~6 servings  
Serving Size: 1 cup



## Directions



1. Combine cabbage, broccoli, cauliflower, and onion in a large bowl
2. Combine mayo, vinegar, and honey in a small mixing bowl, whisk together
3. Pour dressing over salad and toss
4. For best results, refrigerate 30 minutes prior to serving
5. Enjoy!

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Cabbage, Broccoli, & Cauliflower Salad



## Ingredients



- 2 cups shredded cabbage
  - 2 cups broccoli, diced
  - 2 cup cauliflower, diced
  - 1/2 red onion, diced
- Dressing:
- 1 cup mayo
  - 1/4 cup white vinegar
  - 2 Tbsp. honey

Yield: ~6 servings  
Serving Size: 1 cup



## Directions



1. Combine cabbage, broccoli, cauliflower, and onion in a large bowl
2. Combine mayo, vinegar, and honey in a small mixing bowl, whisk together
3. Pour dressing over salad and toss
4. For best results, refrigerate 30 minutes prior to serving
5. Enjoy!

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try using light mayo to decrease fat and calories per serving.
- This salad is very adaptable and any other veggies can be added as desired.
- Avoid adding dressing until you are ready to serve.

## Nutrition Facts



<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	1 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 28g	<b>36%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 16g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 5g Added Sugars	<b>10%</b>
Sugar Alcohol 0g	
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 273mg	<b>6%</b>

\*The % Daily Value (DV) 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.

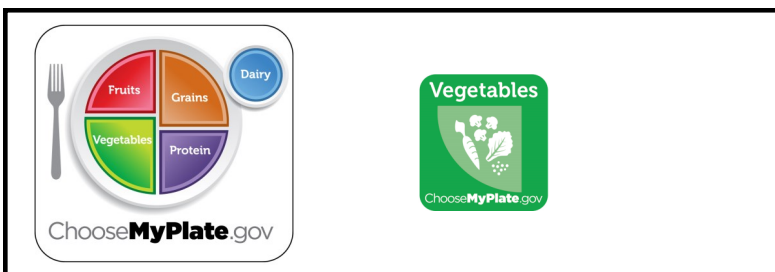
Second Harvest is an equal opportunity provider.



# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try using light mayo to decrease fat and calories per serving.
- This salad is very adaptable and any other veggies can be added as desired.
- Avoid adding dressing until you are ready to serve.

## Nutrition Facts



<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	1 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 28g	<b>36%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 16g	
Monounsaturated Fat 6g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 5g Added Sugars	<b>10%</b>
Sugar Alcohol 0g	
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 273mg	<b>6%</b>

\*The % Daily Value (DV) 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.