

PEAR & CABBAGE SLAW

Total Time: 25 minutes

Servings: 6

Ingredients

½ head of cabbage, shredded
2 tbsp olive oil
3 firm green pears, thinly sliced
1 tbsp lite mayonnaise
3 tbsp red onion, minced
½ tsp Dijon mustard
Zest of 1 lime
1 tsp salt
2 tbsp lime juice
1 tsp ground pepper

Directions

1. Combine the cabbage and minced onion in a large bowl.
2. Prepare the dressing:
Whisk together the lime juice and olive oil, then whisk in the mayonnaise, mustard, salt, and lime zest.
3. Drizzle the dressing over the cabbage and toss to combine. Fold in the sliced pears and ground pepper.

Nutrition Facts for 1 serving:

118 calories, 1.5g protein, 5.4g fat, 18.6g carbohydrates, 4.8g dietary fiber, 433mg sodium

Adapted from <https://brooklynsupper.com/quick-pear-and-cabbage-slaw/>