



Lobo Gardens Produce: Extreme Local!

Lobo Gardens is a student organization at UNM, promoting the use of healthy, sustainable and local produce. They grow a wide variety of fruits, vegetables and herbs right here **on UNM campus!** For best results when preparing your Mexican Coleslaw, we recommend the use of local produce.

For more information or to **get involved** in Lobo Gardens, please visit <http://unmlobogardens.wordpress.com>



This recipe was
brought to you by
UNM students in
Nutrition 322:
Management in
Dietetics II!

**Bon
Appétit!**



Mexican Coleslaw



A delicious recipe for
the healthy college
student on the go!



Nutritional Highlight

This recipe is high in **Vitamin A!** Vitamin A promotes healthy vision and a strong immune system.

For more information on Vitamin A benefits visit:

<http://www.nlm.nih.gov/medlineplus/ency/article/002400.htm>

How to make Mexican Coleslaw...

Ingredients

- 6 cups finely sliced green cabbage (~1/2 head)
- 1½ cups peeled and grated carrots
- 1/3 cup chopped cilantro
- 2 tbsp apple cider vinegar
- 1/4 cup mayonnaise
- 1/4 tsp salt

Directions

1. Place cabbage and carrots in a colander and rinse thoroughly. Let drain for 5 minutes. This helps crisp the vegetables.
2. Meanwhile, whisk cilantro, vinegar, oil and salt in a large bowl. Add cabbage and carrots; toss well to coat.

8 servings, 1 cup each
Preparation Time: 20 minutes

Tips!

1. Try using a cheese grater to grate cabbage instead of slicing!
2. If you prefer less crunchy coleslaw, you can cover and refrigerate it for up to 1 day before enjoying.
3. If a creamier coleslaw is desired, add more mayonnaise. If you prefer a fresher and sour flavor, add more vinegar.

This recipe was modified from
EatingWell.com

Nutrition Facts	
Serving Size 1 cup (89g)	
Amount Per Serving	
Calories 70	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Cholesterol < 5mg	1%
Sodium 140mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein < 1g	
Vitamin A 70%	Vitamin C 35%
Calcium 4%	Iron 2%
Not a significant source of trans fat.	
* Percent Daily Values are based on a 2,000 calorie diet.	