



Holiday Coleslaw

With Orange Vinaigrette

This super simple yet stunning salad incorporates the flavours of the season with cranberries, toasted hazelnuts, and an orange maple dressing.

Makes 6 Servings

Ingredients

- 1 bartlett pear, julienned
- 1 golden beet, julienned (see note)
- ½ small green cabbage, thinly sliced (about 3 cups)
- ½ red onion, thinly sliced
- ½ cup toasted unsalted hazelnuts, chopped
- 1/3 cup naturally-sweetened dried cranberries
- 3 tbsp chopped fresh flat-leaf parsley

For the vinaigrette:

- 1 tbsp orange zest
- ¼ cup fresh orange juice
- ¼ cup apple cider vinegar
- 2 tbsp olive oil
- 1 tbsp Dijon mustard
- 2 tsp pure maple syrup
- ¼ each sea salt and black pepper

Steps

1. In a large bowl, combine pear, beet, cabbage, and onion.
2. In a separate bowl, whisk together all vinaigrette ingredients. Pour over the salad and toss to combine.
3. Top with hazelnuts, cranberries and parsley.

Note:

You can substitute a red beet, but keep in mind that the red variety does stain and may change the colouring of the salad.

Nutrition Information

175 Calories | 19g Carbohydrates | 11g Fat | 1g Saturated Fat | 4g Fibre | 2g Protein | 120mg Sodium | 12g Sugar

Source: www.cleaneatingmag.com