



Fennel-Carrot Slaw

Prep: 15 minutes | Chill: 1 hour | Total: 1 hour 15 minutes

Yield: 2 servings | Serving Size: ~¾ cup

Ingredients

- 1 medium fennel bulb, cored and thinly sliced (about 1 cup)
- 1 medium carrot, shredded (about ½ cup)
- 1 tablespoon chopped fresh parsley
- 2 tablespoons white vinegar
- 1 tablespoon Dijon or brown mustard
- 1 teaspoon extra-virgin olive oil
- 1 pinch salt
- 1 pinch ground black pepper

Directions

1. In a medium mixing bowl, whisk together the vinegar, mustard, oil, salt, and black pepper.
2. Add fennel, carrot, and parsley. Toss to combine.
3. (Optional) Chill for 1 hour for best flavor.
4. Serve cold.

Recipe Notes

- Add sliced scallions (green onions), if desired.
- Substitute another delicate herb (e.g. basil, cilantro, dill) for the parsley, if desired.

Nutrition Facts Per Serving: Calories: 85 | Total Fat: 3 g | Saturated Fat: 0 g
Sodium: 150 mg | Total Carbohydrate: 14 g | Dietary Fiber: 5 g | Protein: 2 g

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