



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

September 29th, 2015 Cooking Class

Featuring

Tiffany Gagliardo

from D'Avolio Olive Oils, Vinegars & More

D'Avolio Coleslaw

Serves 6- 8

Ingredients:

Coleslaw

- ½ green cabbage
- ½ purple cabbage
- ½ cup carrots

Dressing

- Zest of ½ lemon
- ¼ cup lemon juice
- ¼ cup D'Avolio Persian Lime Olive Oil
- 1 Tbsp. D'Avolio Honey Serrano Vinegar
- 1 tsp salt
- ¼ tsp black pepper

Nutrition Facts	
Serving Size: 1 serving (172.0g)	
Servings: 1	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	15%
Sugars 6g	
Protein 2g	
Vitamin A 45%	• Vitamin C 120%
Calcium 6%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. Julienne the cabbage and carrots in to thin strips
2. Combine all the ingredients for the dressing
3. Pour the dressing over the cabbage and carrots & toss



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