

PREPARATION: 20 MINUTES

COOKING: 5 MINUTES

SERVINGS: 4

# GREEN BEAN SLAW



Nutrient Analysis			
PER SERVING: ¼ of recipe			
RENAL EXCHANGE: 1 Vegetable + 1 Fat			
Calories	97 Kcal	Sodium	25 mg
Protein	2 g	Potassium	211 mg
Total Carbohydrate	9 g	Phosphorus	35 mg
Fiber	2 g	Calcium	38 mg
Sugars	5 g	Iron	1 mg
Fat	7 g	Magnesium	20 mg
Saturated	1 g	Vitamin C	20 mg
Cholesterol	0 mg		

  

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

# GREEN BEAN SLAW

## INGREDIENTS

### *Slaw*

1 cup red cabbage, thinly sliced

2 cups green beans, trimmed and cut in 1-inch pieces

¼ cup shallot, sliced into thin rings

½ cup baby arugula

### *Vinaigrette*

1 tablespoon chives, finely chopped

1 teaspoon dijon mustard

1 teaspoon honey

1 tablespoon cider vinegar

2 tablespoons olive oil

½ teaspoon ground black pepper

## PREPARATION

- 1** In a saucepan, bring water to a boil and cook the green beans (approximately 5 minutes). Immediately rinse the beans under cold water to stop the cooking process. The beans should still be crisp.
- 2** In a serving bowl, toss together the slaw: cabbage, green beans, shallot rings and arugula.
- 3** In a small bowl, whisk together the vinaigrette: chives, mustard, honey, vinegar, olive oil, and ground black pepper.
- 4** Pour the vinaigrette over the green bean slaw and toss to combine.

## SUGGESTION

- ✓ *Serve as a side for meats or fish.*
- ✓ *Dress it up with a protein, such as sliced steak or boiled egg and make it a meal.*



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