



INGREDIENTS

- 4 Cups Cabbage (sliced thinly)
- 1 Cup Carrots (peeled; grated)
- ½ Cup Fresh Cilantro (chopped)
- ½ Cup Freshly Squeezed
Lemon Juice (to taste)

DIRECTIONS

1. Combine all ingredients in large serving bowl.
2. Adjust seasonings, if needed.
3. Refrigerate until chilled.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup