

Jenny's Antioxidant Slaw

Think of this salad as your nutritional insurance policy. By eating lots of different colored vegetables, you'll get the widest range of health benefits. You can chop, dice, shred, whatever... just eat it!

1/2 cup each sliced:

Romaine lettuce

Fresh spinach

Red pepper

Yellow pepper

Red cabbage

Carrot

1/4 cup chopped red onion

1. Place all the ingredients in a large bowl.
2. In a small bowl, whisk together the dressing ingredients and add to the vegetables.

Dressing:

1 Tablespoon olive oil

1 Tablespoon balsamic or pomegranate vinegar

1/4 teaspoon Dijon mustard

pinch of salt & pepper