

Kale Slaw

Makes 6 servings

Ingredients:

½ bunch of kale; chopped
½ head Napa cabbage; chopped
½ cup mayo
Juice from 1-2 wedges of lemon (to taste)
1 Tbsp. cider vinegar
½ teaspoon ground black pepper
¼ tsp. sea salt
Slap Yo Momma Seasoning (optional)

Directions:

Slice kale and Napa cabbage into coleslaw style bits. This does not have to be perfect, but make the slices as thin as you can. Wash, drain and place into large mixing bowl.

In separate bowl; whisk mayonnaise, lemon juice, vinegar, pepper and salt together in a bowl until smooth and creamy.

Top the salad blend with the dressing and toss to fully incorporate. If you like a little more zip to your slaw, add some Slap 'You Momma seasoning to the top or blend in.

Nutrition facts per serving

Calories: 65 - Protein: 1.4 grams - Carbohydrate: 5.9 grams - Fat: 4.5 grams