

SALADS

Avocado Coleslaw

Makes 5 servings · about ¾ cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 2 g · Fiber 3 g · Calories 100	

Ingredients

- 1 bag broccoli slaw or chopped red and green cabbage
- 1 avocado
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2–3 cloves garlic, minced
- 2 Tbsp mustard (stone-ground, Dijon, or yellow)
- Ground pepper and salt to taste
- 1–2 tsp onion and/or garlic powder

Directions

1. Place the slaw in a bowl.
2. In a separate bowl or food processor, blend all remaining ingredients until smooth.
3. Pour the avocado mixture over the slaw and mix thoroughly.
4. Chill and serve cold.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Avocado Coleslaw

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 bag broccoli slaw or red and green cabbage
- ☐ 1 avocado
- ☐ 1 lemon (for about ⅓ cup juice)
- ☐ 2–3 cloves garlic

PANTRY & DRY GOODS

- ☐ 2 Tbsp mustard (stone-ground, Dijon, or yellow)

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Garlic powder