

# Southwest Slaw

---

*Provided by PICalFresh Healthy Living,  
UC Placer/Nevada Counties, and  
the Auburn Interfaith Food Closet*

Recipe type: salad, winter  
Serves: 8 (1/2 cup serving)  
Prep Time: 10 minutes



## Ingredients

- 1 16-oz bag of coleslaw mix  
(or 5 cups thinly sliced cabbage + 1 cup grated carrots)
- 3 tablespoons lime juice or rice vinegar
- 1 tablespoon vegetable oil
- 1 teaspoon chili powder
- 1 tablespoon sugar
- 1/4 cup toasted pumpkin (pepitas) or sunflower seeds
- 2 tablespoons chopped cilantro or parsley (optional)

## Directions

1. Place the coleslaw mix or the shredded cabbage and grated carrots in a large bowl. Set aside.
2. For the dressing, mix together the lime juice (or rice vinegar if using), oil, chili powder, sugar and salt. Pour over coleslaw mix. Stir to combine.
3. Just before serving, top with pepitas (or sunflower seeds) and chopped cilantro or parsley (optional). Serve right away.
4. Slaw can be made ahead of time and refrigerated. Add dressing and top with pepitas (or sunflower seeds) just before eating.



[www.auburnfoodcloset.org](http://www.auburnfoodcloset.org)