

Radicchio Slaw

This colorful slaw combines peppery radicchio, crunchy carrots, and chickpeas in a tangy-sweet dressing. It's an easy side that pairs well with any main dish.

Makes: 4 Servings
 Prep Time: 10 minutes
 Cook Time: 0 minutes

Source: URI SNAP-Ed

Ingredients

- 1 head radicchio
- 1 large carrot
- ½ cup chickpeas, rinsed
- ¼ cup rice wine vinegar
- 2 Tbsp brown mustard
- 2 tsp honey
- 1 teaspoon flax seed (optional)

Directions

1. Rinse radicchio and carrot
2. Cut radicchio into thin ribbons. Use a peeler to slice carrot into ribbons
3. In a medium bowl, combine radicchio, carrot, and chickpeas
4. In a small bowl, whisk together vinegar, mustard, and honey
5. Toss dressing with slaw and sprinkle flax seeds (if using)
6. Serve as a side with your favorite dish



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	90
Total Fat:	2g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	150mg
Total Carbohydrates:	13g
Dietary Fiber:	3g
Total Sugars:	5g
Added Sugars:	2g
Protein	4g

Utensils Needed

- Sharp knife
- Cutting board
- Medium bowl
- Fork or whisk
- Vegetable peeler
- Measuring spoons
- Measuring cups
- Small bowl



SHOPPING LIST

Average total cost without oil and seasonings: \$6.77

Average cost/serving: \$1.69

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Radicchio



Add 1 to Cart
Carrot



Add 1 to Cart
Canned Chickpeas

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Substitute white beans or lentils for chickpeas
- Add sliced red cabbage for extra crunch and color
- For a heartier dish, toss with cooked quinoa or brown rice

