

Broccoli Kale Slaw  
<http://www.shutterbean.com/>

Serves 4

- \* 6 tablespoons extra virgin olive oil
- \* 4 tablespoons balsamic vinegar
- \* salt and pepper to taste
- \* 1 12 oz bag broccoli slaw
- \* 4 cups chopped kale (optional)
- \* 1/4 red onion, thinly sliced
- \* 1/3 cup dried cranberries (optional)
- \* 1/3 cup sunflower seeds (roasted is fine or may substitute other small seeds)

Add Chicken if you like:

- \* 1 1/3 cup rotisserie chicken, shredded

In a small jar, mix olive oil with balsamic vinegar. Add salt and pepper to taste, seal jar and shake until dressing is well incorporated. You may also add Mrs. Dash seasonings for additional flavoring.

In a large bowl, toss the broccoli slaw, kale, red onions, dried cranberries, sunflower seeds with the entire jar of dressing until well combined. Add shredded chicken, toss and serve immediately.

Tip:

Chicken - Exclude the chicken and prepackage for lunch into individual containers.

Single Serve Tuna - Omit the chicken and add a single serving of tuna (prepackaged from grocery store) to slaw after it is served for added protein.

Kale - clean Kale and place in a food processor and pulse into small pieces. Or, shred into small pieces by hand.

HAPPY AND HEALTHY FAMILY

Joyce Lande, USANA Associate, Wellness Entrepreneur  
847-754-1593 | [landemom2@comcast.net](mailto:landemom2@comcast.net) | [www.joycelande.usana.com](http://www.joycelande.usana.com)

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