Spinach Slaw

1. Wash, quarter, and core lettuce, red cabbage, and green cabbage.
2. Thinly slice lettuce and cabbage quarters; chop slices into small pieces.
3. Wash and tear spinach leaves into small pieces.
4. Whisk together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. Toss dressing with vegetables until coated thoroughly. Refrigerate for 30 minutes before serving.

Yield: 8, 1 cup servings.

Nutritional Analysis:
70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 1 1 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.

2 cups chopped iceberg lettuce
2 cups chopped red cabbage
2 cups chopped green cabbage
1½ cups fresh spinach
¼ cup canola mayonnaise
¼ cup hummus, original flavor
2 tablespoon local honey
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon pepper

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky Spinach

SEASON: May-June and September-November.

NUTRITION FACTS: One cup serving of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C. It is also a good source of calcium.

SELECTION: Look for bright green leaves that are fresh, young, moist, and tender. Avoid coarse stems, injured, torn, dried, limp or yellowed leaves.

STORAGE: Store in the coldest part of the refrigerator for no more than two to three days.

Source: www.fruitsandveggiesmatter.gov