



Colorful Cabbage Chia Salad

This side dish is as bright and colorful as it is healthy. With protein from beans and chia, healthy oils from nuts and chia, as well as vitamin C and folic acid, it's power on your plate. Red cabbage not only looks pretty when shredded, it is great for you too.

Ingredients

- 2 cups red cabbage (shredded)
- 1 can mandarin orange sections
- 1 can cannellini beans
- 2 tsp dry MySeeds Chia seeds

Dressing Ingredients

- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp orange juice concentrate
- 1 pinch pepper

This side is so quick to make, you can have it any night of the week. First, shred the cabbage. You can use a food processor or a mini chopper. Then, drain and rinse the cannellini beans and the mandarin orange sections. In a measuring cup or small bowl, mix together all of the dressing ingredients and stir well. Place all the dry ingredients in a large bowl, top with the dressing and stir gently to coat. Just scoop onto plates and you're ready to serve!



Summer Pineapple Slaw

Get a splash of summer flavor any time of the year! Perfect for picnics, great beside burgers, or even for lunch, this coleslaw is a little bit sweet and a little bit hot. You can use fresh or canned pineapple to enjoy it in any season. It's also colorful and festive looking to brighten up the meal.



Ingredients

- 3 cups shredded cabbage
- 2 tbsp chopped red onion
- 2 carrots (shredded)
- 1 cup crushed pineapple
- 1/2 cup chopped cilantro

- 1/3 cup non fat plain yogurt
- 1 tbsp lime juice
- 1 tsp honey
- 2 tbsp low fat mayonnaise
- 1/4 tsp cayenne pepper
- 1 tsp cumin
- 2 tsp dry MySeeds chia seeds

In a large bowl, combine the cabbage, carrot, pineapple, onion and cilantro. Sometimes you can even find bags of pre-shredded cabbage & carrot, making this especially quick and easy. Stir to mix. Next, just use a measuring cup to mix the seasonings. Stir together the yogurt, honey & mayo, then add the spices, lime juice and chia seeds. Once mixed, pour over the ingredients in the bowl and toss to combine. This is best when refrigerated for at least 1 hour before serving. The chia will help blend the flavors.