

Fresh Veggie Salad with Sugarcane Vinaigrette

Recipe courtesy of Louisiana Culinary Institute

INGREDIENTS

For the Vinaigrette:

- ¼ c vegetable oil
- ¼ c mayonnaise
- 2 Tbsp Steen's Cane Vinegar
- 1 Tbsp Creole Mustard
- 1 Tbsp Steen's Cane Syrup
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tsp chopped parsley

For the Veggie Salad:

- 1 c sliced carrots
- ½ c sliced celery
- ½ c sliced red bell pepper
- ½ c sliced green bell peppers
- 1 c sliced zucchini
- 1 c shredded brussels sprouts

DIRECTIONS

1. Place all dressing ingredients in a small bowl and mix until fully combined. (Store in the refrigerator for up to 5 days.)
2. Mix all vegetables in a bowl and toss with sugarcane vinaigrette. Serve as a side dish with the Zapps® Crawtator Crusted Fish.



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HEALTHY SWAPS

- **Lower Fat:** Substitute water for oil and use low-fat mayonnaise. 70 Calories. 2.5g Fat (0g Saturated fat, 0mg Cholesterol.) 250mg Sodium. 9g Carbohydrates (2g Fiber, 5g Total sugar.) 2g Protein.
- **Lower Carbohydrate:** Use monk fruit, or other preferred zero-calorie liquid sweetener in place of cane syrup. The remaining carbohydrates are sourced from vegetables and further reductions are not recommended. 170 Calories. 16g Fat (2.5g Saturated fat, 5mg Cholesterol.) 230mg Sodium. 6g Carbohydrates (2g Fiber, 3g Total sugar.) 2g Protein.
- **Lower Sodium:** Use salt substitute and salt-free stone ground mustard to reduce sodium to 90mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container Serving size 3/4 Cup (114g) Calories per serving	180	Total Fat 17g	22%	Total Carbohydrate 8g	3%
		Saturated Fat 2.5g	13%	Dietary Fiber 2g	7%
		Trans Fat 0g		Total Sugars 5g	
		Cholesterol 5mg	2%	Includes 0g Added Sugars	0%
		Sodium 230mg	10%	Protein 2g	4%
		Vitamin D 0mcg	0%	Calcium 30mg	2%
		Potassium 270mg	6%	Iron 0.6mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.