

## FUNCTIONALLY FAB LUNCH IDEA

### Cabbage Salad, Individual Hummus Cup & 2 Cuties

#### CRUNCHY LEMONY CABBAGE SALAD

##### INGREDIENTS:

2 cups finely chopped cabbage

½ cup celery, chopped

¼ cup red onion, chopped

⅓ cup carrots, chopped

5 pitted kalamata olives, or more

½ cup spinach leaves

Dressing

Mix all ingredients together and toss with 2 Tbsp dressing and 2 Tbsp of the brine from the kalamata olives.

**Turn over for dressing recipe! ►**

## G's Good Stuff!

G, (or "Georgeanne" as she's known to some), is a recognized face behind the nuHealth front desk. She's a nutrition expert and will be sharing her good-for-you ideas & recipes in this form often in the office.

**Look for her next one soon!**



## Simple Olive Oil Dressing

½ cup olive oil

Juice of 1 lemon

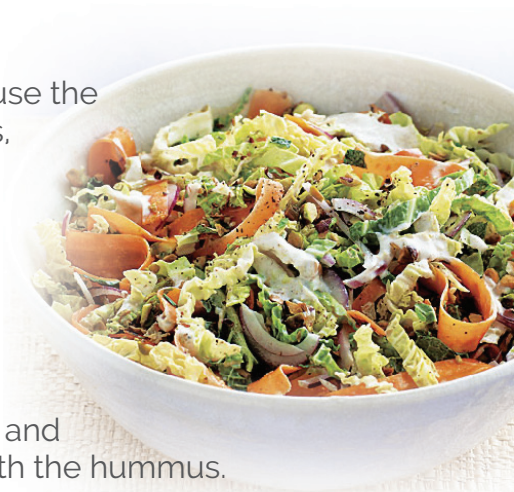
1 -2 cloves of garlic, pressed

1 Tbsp Dijon mustard

Salt

If you don't want to use the brine from the olives, you can use rice wine vinegar, or balsamic vinegar. Both work well.

This salad holds well until lunch time and is delicious eaten with the hummus.



Save the Cuties for a simple and satisfying dessert.



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