



## Asian Pear Slaw with Chilies

### Recipe Summary:

Preparation Time: 20 minutes  
 Number of Servings: 6  
 Cups of Fruits and Vegetables Per Person: 1.00

### Ingredients:

6 celery ribs  
 4 Tbsp fresh lime juice  
 4 Tbsp seasoned rice vinegar  
 1 tsp ginger root  
 6 Asian pears, sliced 1/4 inch thick  
 3 scallions, thinly sliced on diagonal  
 1/4 cup Cilantro leaves  
 1/2 tsp Fresno chili or Jalapeno chili, finely chopped

### Directions:

Whisk together lime juice, vinegar, and ginger. In large bowl, combine celery and remaining ingredients and mix until well combined. Salt and pepper to taste. Let stand at room temperature 15 minutes before serving.

Nutrition Facts	
Asian Pear Slaw with Chilies	
Serving Size 1/6 serving	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 230mg	<b>10%</b>
Total Carbohydrate 18g	<b>6%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 12g	
<b>Protein 1g</b>	
Vitamin A	<b>6%</b>
Vitamin C	<b>20%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
<b>* Percent Daily Values are based on a 2,000 calorie diet.</b>	

### Diabetic Exchange\*\*

Fruit: 1  
 Vegetables: 0  
 Meat: 0  
 Milk: 0  
 Fat: 0  
 Carbs: 0  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

This material was funded in part by USDA's Food Stamp Program and Expanded Food & Nutrition Education Program (EFNEP). The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Food Stamp office or call 1-800-430-3244.



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