



A Nutrition Resource



APPLE 'N CABBAGE SLAW

Yield: 6 Servings | Serving Size: 1/2 cup

Cost/Serving: \$1.20

Ingredients:

- 3 cups red cabbage
- 1 1/2 cups green cabbage or lettuce
- 2 apples, recommended: golden variety
- 3 medium carrots
- 4 green onions
- 3 Tbsp cilantro
- 3 Tbsp oil
- 3 Tbsp honey
- 3 Tbsp apple cider vinegar
- Juice of one lime, about 1 Tbsp
- Salt & pepper to taste
- Optional: Pinch of cayenne

Directions:

1. Shred the cabbage into fine strips. Measure cabbage or lettuce and add to a large mixing bowl.
2. Grate the carrots using a big holed grater and add to the bowl along with sliced green onions.
3. Finely chop a small handful of cilantro and add it to the salad mix.
4. Lastly, cut the apples into thin match-stick pieces and add it to the salad. Don't cut the apples until you're ready to dress the salad since they will turn brown. Toss everything together well.
5. For the dressing start with the salad oil in a jar or a bowl.
6. Add the honey, apple cider, lime juice, salt, pepper, and a light dusting of cayenne to the oil.
7. Put the lid on and shake the dressing (if you're using a bowl simply whisk it with a fork) until the oil and other liquids are mixed well.
8. Drizzle over the salad and toss well until everything is coated in the dressing.
9. Serve chilled.

Nutrition Facts

6 servings per container
Serving size 1/2 cup (0.0g)

Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.6mg	4%
Potassium 320mg	6%

* 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.

Recipe adapted from Picture the Recipe and MT Harvest of the Month

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