

Cabbage & Apple Slaw

Home Recipe

Serves: 10
Prep Time: 20 minutes
Cook Time: 1 hour 20 minutes

Ingredients

- 1 small head of cabbage, cored & finely chopped
- 1 Granny Smith apple, cut into match-stick-size pieces
- 5 green onions, thinly sliced
- ½ cup apple cider vinegar
- ½ cup white sugar
- 3 Tbsp olive oil
- 3 Tbsp vegetable oil
- 1 Tbsp Dijon mustard
- ¼ tsp red pepper flakes

Cooking Instructions

- 1) Toss cabbage, apple, and onions together in a large bowl.
- 2) Whisk vinegar, sugar, olive oil, vegetable oil, Dijon mustard, and red pepper flakes together in a saucepan over medium heat and bring dressing to a simmer.
- 3) Pour hot dressing over cabbage mixture and toss to coat.
- 4) Cover bowl with plastic wrap and refrigerate at least one hour or until flavors blend and slaw is cold.

Nutrients Per ½ Cup Serving

• Calories	140
• Total Fat	8 g
• Saturated Fat	1 g
• Cholesterol	0 mg
• Sodium	50 mg
• Carbohydrates	17 g
• Dietary Fiber	2 g
• Protein	1 g
• Calcium	35 mg
• Iron	1 mg
• Vitamin D	0 mcg
• Potassium	163 mg

