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

For More Information
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