



APPLE SLAW

This slaw is quick, easy, and delicious. It has a great crunch and sweetness kids will love for a snack or as part of lunch.

INGREDIENTS:

- 2 Granny Smith apples
- 4 cups Green cabbage, shredded (½ head)
- 4 cups Red cabbage, shredded (½ head)
- 1 Cucumber, seeded and sliced
- ¾ cup Dried cherries
- ½ cup Cider vinegar
- 1/3 cup Honey
- 1/3 cup Olive oil
- 2 tsp Salt
- ½ tsp Black pepper
- ¼ cup Roasted, salted shelled pumpkin seeds

PREP TIME:
15 MINUTES

SERVES:
8

SERVING:
1 CUP



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PREPARATION:

1. Combine apples, red and green cabbage, cucumber and dried cherries in a large bowl
2. Whisk together vinegar, honey, olive oil, salt, and pepper in a medium bowl
3. Toss vinaigrette with apple mixture; cover and chill up to 4 hours
4. Sprinkle with pumpkin seeds before serving

STORAGE:

- Store extras covered in the refrigerator. Makes a great snack or lunch to take to work or school
- Best eaten within a few days. Discard after 7 days

NUTRITION INFORMATION (PER 1 CUP SERVING):

Calories: 250 Total Fat: 12g (19% DV) Saturated Fat: 2g (9% DV) Protein: 4g
 Carbohydrates: 34g (11% DV) Fiber: 4g (18% DV) Sodium: 650mg (27% DV)

Funded by USDA Supplemental Nutrition Assistance Program through the State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.

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