APPLE CABBAGE SALAD

SERVES 6-8

INGREDIENTS

1/2 cup canola oil
1/4 cup cider vinegar
1 tablespoon sugar or honey
1/2 teaspoon salt
Pepper to taste
1/2 head cabbage, green or red, or a combination of both, thinly sliced
6 green onions, sliced using both white and green parts of onion
1 or 2 carrots, peeled and grated
2 apples, cored and chopped into small pieces
1/2 cup walnuts, optional
1/2 cup dried cranberries, optional

DIRECTIONS

1. To make dressing, whisk together oil, vinegar, sugar or honey, salt, and pepper in small bowl. Set aside.

2. Toss cabbage, onions, carrots and apples in a bowl, adding nuts and dried cranberries, if using.

3. Pour dressing over salad and toss so that dressing is distributed evenly. Chill and serve.

*If chopped apples are not going into dressing immediately, sprinkle a little lemon juice (about 1 teaspoon) over them. This will prevent them from turning brown. The lemon juice will only enhance the flavor of the salad.

NUTRITION INFORMATION:

Nutrition Facts

Serving Size 0.50 cup(s) (173g)

Amount Per Serving

Calories 227

% Daily Value

Total Fat 18.4g 28 %
Saturated Fat 4.1g 7 %
Trans Fat 0.1g
Cholesterol 0.0mg 0 %
Sodium 219.7mg 9 %
Total Carbohydrate 16.3g 5 %
Dietary Fiber 3.8g 14 %
Sugars 11.2g
Protein 1.2g

Vitamin A 72 %
Vitamin C 46 %
Calcium 4 %
Iron 3 %

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