



Fruit and Nut Slaw

Servings 6 | Prep time 15 mins. | Total time 15 mins.

Equipment:

Cutting board
Large bowl
Small bowl
Box grater

Utensils:

Knife
Spatula or wooden spoon
Fork or whisk
Measuring cups and spoons

Ingredients

5 cups cabbage, thinly sliced OR 1 16 ounce bag coleslaw mix
1/2 cup dried fruit (reduced sugar cranberries, raisins, etc.)
1 carrot, shredded
1/3 cup vinegar (white, red wine, or apple cider)
2 tablespoons sugar
2 teaspoons olive oil OR vegetable oil
3/4 teaspoon salt
1/2 teaspoon black pepper
2 medium apples, cored and thinly sliced
1/4 cup unsalted nuts (pecans, walnuts, etc.), chopped

Nutritional Information:

Calories 160
Total Fat 5g
Sodium 320mg
Total Carbs 29g
Protein 1g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, fruit, and vegetables.
2. Add cabbage, dried fruit, and carrots to large bowl.
3. In small bowl, mix vinegar, sugar, oil, salt and pepper with a fork or whisk.
4. Pour vinegar mixture over cabbage mixture. Toss to combine.
5. Add apple and nuts just before serving and mix well.