



Fruit and Nut Slaw

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

Equipment: Cutting board, Stockpot (large deep pot), Strainer, Small bowl, Large bowl

Utensils: Knife, Spatula or wooden spoon, Fork or whisk, Measuring cups and spoons, Potato masher or fork

Ingredients

5 cups thinly sliced cabbage (or 1 16 ounce bag shredded cabbage for coleslaw)

1/2 cup dried fruit (reduced sugar cranberries, raisins, etc.)

1 carrot, grated (on the medium holes of a box grater)

1/3 cup any type of vinegar

2 tablespoons sugar

2 teaspoons vegetable or olive oil

3/4 teaspoon salt

1/2 teaspoon black pepper

2 cups thinly sliced apples (2-3 medium apples)

1/4 cup chopped nuts (pecans, walnuts, etc.)

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 and toss to combine.
5. Add apple and nuts just before serving and mix well.

Nutritional Information:

Calories 160

Total Fat 5g

Sodium 320mg

Total Carbs 29g

Protein 1g