

Apple Cranberry + Cabbage Slaw

Serves 6 portions (1 cup each)
Prep time: 25 minutes



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1/4 cup vinegar
- 1 tablespoon salad oil
- 1 tablespoon sugar
- 1 teaspoon mustard
- 1/4 tsp each salt and ground black pepper
- 7 cups shredded cabbage (red or green)
- 1 1/2 cups diced apple (about 2 medium)
- 1/4 cup dried cranberries or raisins

TIPS

- Flavor and texture of the slaw will improve if you let it rest for a hours before eating.
- Apples and dried fruit lend natural sweetness to this dish, as well as fiber to aid digestion.
- Make it a meal by serving the slaw with your favorite fish and roasted sweet potatoes.

DIRECTIONS

1. Combine vinegar, oil, sugar, mustard, salt and pepper in large bowl; stir well.
2. Add cabbage and apple and toss well.
3. Cover and chill until ready to enjoy!

Apple Cranberry + Cabbage Slaw

Serves 6 portions (1 cup each)
Prep time: 25 minutes



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1/4 cup vinegar
- 1 tablespoon salad oil
- 1 tablespoon sugar
- 1 teaspoon mustard
- 1/4 tsp each salt and ground black pepper
- 7 cups shredded cabbage (red or green)
- 1 1/2 cups diced apple (about 2 medium)
- 1/4 cup dried cranberries or raisins

TIPS

- Flavor and texture of the slaw will improve if you let it rest for a hours before eating.
- Apples and dried fruit lend natural sweetness to this dish, as well as fiber to aid digestion.
- Make it a meal by serving the slaw with your favorite fish and roasted sweet potatoes.

DIRECTIONS

1. Combine vinegar, oil, sugar, mustard, salt and pepper in large bowl; stir well.
2. Add cabbage and apple and toss well.
3. Cover and chill until ready to enjoy!