

Louisiana HARVEST of the MONTH

Cabbage & Apple Slaw

Home Recipe

Serves: 10
Prep Time: 20 minutes
Cook Time: 1 hour 20 minutes

Ingredients

- 1 small head of cabbage, cored & finely chopped
- 1 Granny Smith apple, cut into match-stick-size pieces
- 5 green onions, thinly sliced
- ½ cup apple cider vinegar
- ½ cup white sugar
- 3 Tbsp olive oil
- 3 Tbsp vegetable oil
- 1 Tbsp Dijon mustard
- ¼ tsp red pepper flakes

Cooking Instructions

- 1) Toss cabbage, apple, and onions together in a large bowl.
- 2) Whisk vinegar, sugar, olive oil, vegetable oil, Dijon mustard, and red pepper flakes together in a saucepan over medium heat and bring dressing to a simmer.
- 3) Pour hot dressing over cabbage mixture and toss to coat.
- 4) Cover bowl with plastic wrap and refrigerate at least one hour or until flavors blend and slaw is cold.

Nutrients Per ½ Cup Serving

- **Calories** 140
- **Total Fat** 8 g
 - **Saturated Fat** 1 g
- **Cholesterol** 0 mg
- **Sodium** 50 mg
- **Carbohydrates** 17 g
 - **Dietary Fiber** 2 g
- **Protein** 1 g
- **Calcium** 35 mg
- **Iron** 1 mg
- **Vitamin D** 0 mcg
- **Potassium** 163 mg



For More Information

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