



FRUIT & NUT SLAW

Serving Size 1 cup

INGREDIENTS

- 1 cabbage, (any color), thinly sliced
- 1 carrot, peeled and grated
- ½ cup dried fruit
- ½ cup vinegar
- 2 tablespoons sugar
- 2 teaspoons vegetable oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 large or 3 medium apples, thinly sliced
- ¼ cup nuts, chopped and toasted

DIRECTIONS

1. In a large bowl, combine cabbage, carrots and dried fruit.
2. In a small bowl, mix vinegar, sugar, oil, salt and pepper.
3. Pour vinegar mixture over cabbage mixture and stir until well combined.
4. Just before serving, chop apples, nuts and add to mixture. Mix well.

Recipe adapted from Eating Better on a Budget: Recipes from the 10 Tips Nutrition Education Series, Maine Cooperative Extension

WHAT TO LOOK FOR

- Cabbage heads that are heavy for their size with compact leaves.
- Well-shaped, smooth, firm, crisp carrots. Avoid soft, wilted or split carrots.
- Firm, shiny, smooth-skinned apples with intact stems. Avoid apples that are bruised, soft or have wilted skin.

HOW TO STORE

- Remove any wilted or damaged leaves, and store cabbage in a plastic bag in the refrigerator. Use it within the first week for best nutrition and quality.
- Refrigerate carrots with tops removed in a plastic bag. Use within a couple of weeks for best nutrition and quality.

FRUIT AND NUT SLAW NUTRITION FACTS

Calories 135, Saturated fat <1g, Sodium 174mg, Added sugar 3g, Dietary fiber 5g, Protein 3g, Vitamin C 45mg, Vitamin A 92mcg, Folate 54mcg

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