



## Northwell Healthy Choice Teaching Kitchen

Huntington Hospital

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### Apple-Cabbage Slaw



Delicious, sweet-and-tangy slaw with apples that adds a nice crunchy touch and sweetness. This recipe is easy to make and keeps well in the refrigerator, so you can make it in advance and use it when it's time to eat!

#### Nutrition Facts 1 oz

43 Calories, 3g Total Fat (0g Saturated Fat), 11 mg Sodium, 0g Protein, 3g Carbohydrate (1g Fiber, 2g Total Sugars),

#### Micronutrients

*Cabbage:* Potassium, Folate, Vitamin K, Vitamin A, Vitamin C, Calcium, and Iron

*Apple:* Vitamin C, Beta-carotene, Folate, Magnesium, and Calcium.

#### Ingredients

- 3 tbl Apple Cider Vinegar
- ¼ cup Olive Oil
- 1 ½ tbl Pure Maple Syrup
- 1 tsp Celery Seed
- 1 tsp Dijon Mustard
- ¼ tsp Black Pepper
- 1 cup Granny Smith Apple, Julienne
- 1 cup Red Cabbage, Shredded
- 1 cup Green Cabbage, Shredded
- ¼ cup Carrot, Shredded
- ¼ cup Green onion, Sliced

#### **Instructions (16 portions):**

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

