

GINGERED CABBAGE SALAD

Yield: 6 Servings | Serving Size: 3/4 cup

Cost/Serving: \$1.30

Ingredients:

2 2/3 cups red cabbage. shredded

1 1/3 cups green cabbage, shredded

1 tbsp lemon juice

1 cup apples, thinly sliced

1 tbsp cider vinegar

1 tsp fresh ginger, peeled, minced

1/2 tsp honey

1/2 tsp garlic, minced

1/3 cup dried cranberries

3 tbsp sunflower seeds

Directions:

- 1. Cut cabbage into wedges and remove the core. Shred and set aside in a bowl.
- 2. Core and peel apples. Cut into thinly sliced wedges. Toss with lemon juice in a bowl to prevent browning.
- 3. Whisk oil, vinegar, ginger, honey, mustard, garlic, salt, and pepper until well combined.
- 4. Add apples and lemon juice to the cabbage. Drizzle with dressing and toss to coat.

Nutritio	ո Facts
6 servings per cont Serving size	
Amount Per Serving Calories	140
	% Daily Value
Total Fat 7g	99
Saturated Fat 1g	59
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 15mg	19
Total Carbohydrate	17g 6 9
Dietary Fiber 3g	119
Total Sugars 11g	
Includes 3g Added S	ugars 69
Protein 3g	
Vitamin D 0mcg	09
Calcium 40mg	29
Iron 1mg	69
Potassium 220mg	49
* The % Daily Value (DV) tells serving of food contributes to day is used for general nutritio	a daily diet. 2,000 calories

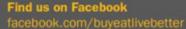
Recipe adapted from Vermont FEED New School Cuisine Cookbook and MT Harvest of the Month

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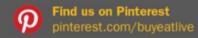






- 5. Add cranberries and toss again. Sprinkle with sunflower seeds.
- 6. Cover and let stand for 15 minutes before serving. If preparing more than 30 minutes before service, refrigerate.

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