



A Nutrition Resource

# 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.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>3/4 cup (0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 11g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1mg	6%
Potassium 220mg	4%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)

### This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA  
STATE UNIVERSITY

EXTENSION



A Nutrition Resource



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.

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EQ/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION