



## Apple 'N Cabbage Slaw

Serve as a tasty side dish or as a colorful addition to sandwiches!

Source: *Picture the Recipe*

### Servings

6

### Ingredients

- 3 cups red cabbage
- 1 1/2 cups green cabbage or lettuce
- 2 apples, *recommended: golden variety*
- 3 medium carrots
- 4 green onions
- 3 Tbsp cilantro

- 3 Tbsp oil
- 3 Tbsp honey
- 3 Tbsp apple cider vinegar
- Juice of one lime, *about 1 Tbsp*
- Salt & pepper to taste
- Optional: Pinch of cayenne



### Preparation

1. Shred the cabbage into fine strips. Measure cabbage or lettuce and add to a large mixing bowl.
2. Grate the carrots using a big holed grater and add to the bowl along with sliced green onions.
3. Finely chop a small handful of cilantro and add it to the salad mix.
4. Lastly, cut the apples into thin match-stick pieces and add it to the salad. Don't cut the apples until you're ready to dress the salad since they will turn brown. Toss everything together well.
5. For the dressing start with the salad oil in a jar or a bowl.
6. Add the honey, apple cider, lime juice, salt, pepper, and a light dusting of cayenne to the oil.
7. Put the lid on and shake the dressing (if you're using a bowl simply whisk it with a fork) until the oil and other liquids are mixed well.
8. Drizzle over the salad and toss well until everything is coated in the dressing.
9. Serve chilled.

## Dig Deeper

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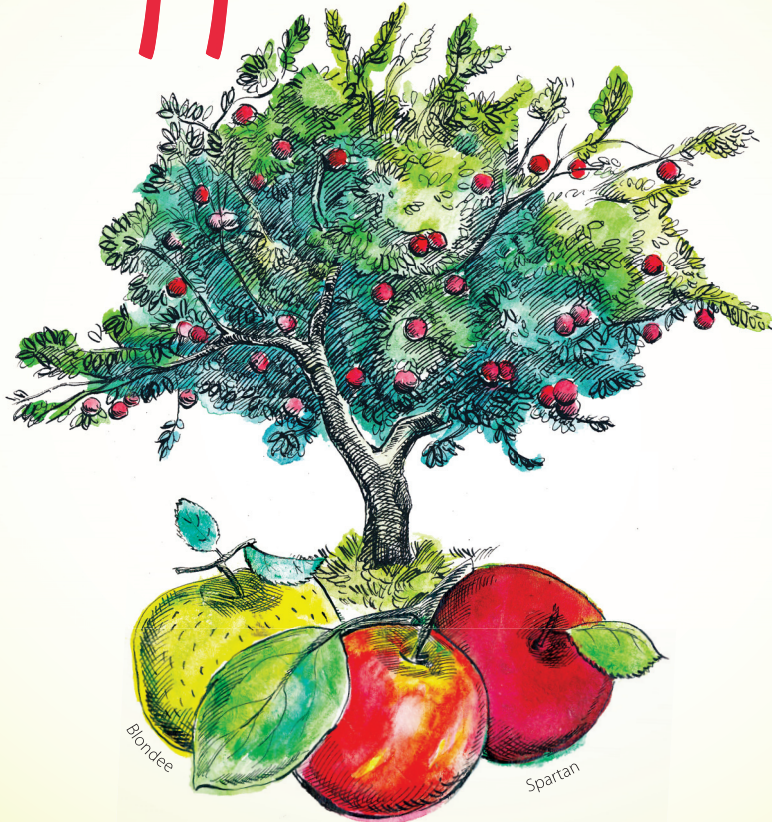
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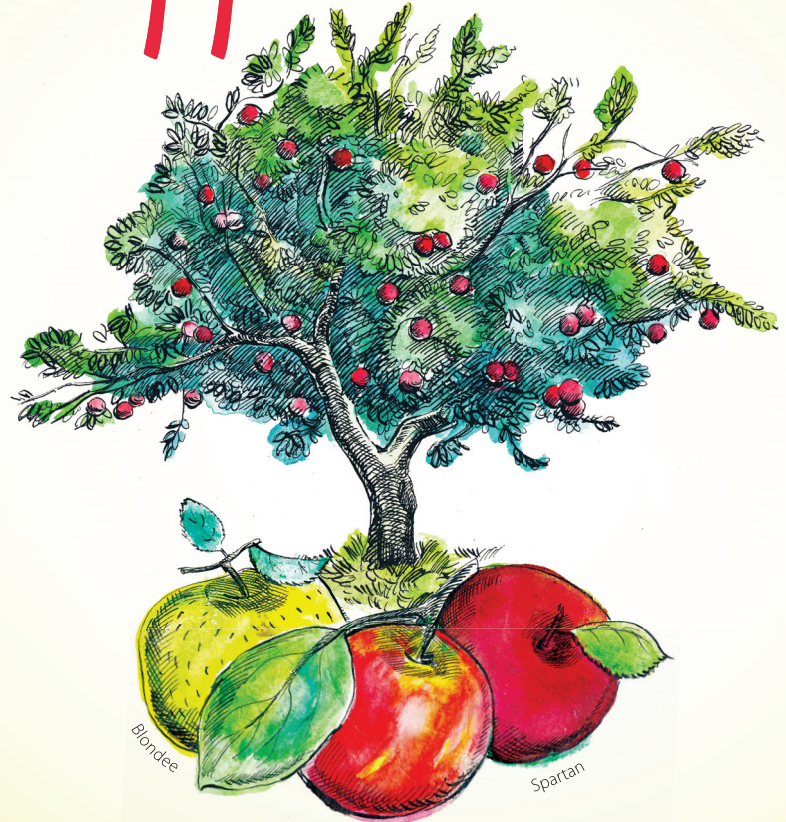


# Apples



MONTANA  
Harvest  
of the Month

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