



# Fresh Winter Slaw

Adapted from *WellPlated.com*



## Ingredients

- 1 small head of cabbage
- 1 large sweet-crisp apple or 2 small, cored and thinly sliced
- 4 carrots, peeled and grated
- 1/2 small red onion or 2 shallots, thinly sliced
- 1/2 cup dried cranberries (optional)
- 1/2 cup toasted pumpkin seeds (optional)
- 1/2 cup freshly grated parmesan
- 3 Tbsp lemon juice
- 2 tsp apple cider vinegar
- 1 Tbsp honey
- 2 tsp Dijon mustard
- 2 Tbsp olive oil



## Directions



**Yield:** 6 cups **Serving size:** 1 cup **Total cost:** \$9.62 **Serving cost:** \$1.60

1. In a small bowl, combine lemon juice, apple cider vinegar, honey, Dijon mustard and olive oil
2. Combine shredded cabbage, apples, carrots and red onion into a larger bowl.
3. Add dressing and mix well.
4. Top with cranberries, pumpkin seeds, and parmesan
5. Serve immediately or save for later in the refrigerator.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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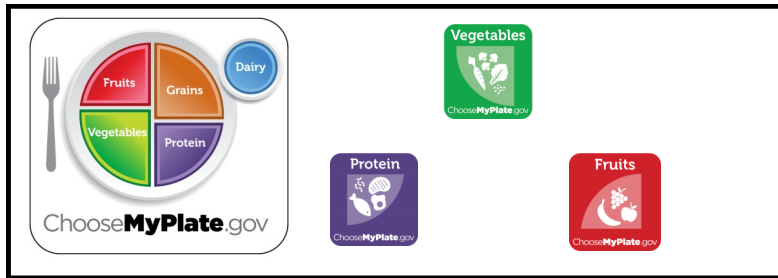
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add salt and pepper to taste
- Try adding other fruits—pears, plums, etc.
- Use different toppings: feta, almonds, sunflower seeds, etc.
- Keeps up to 5 days— easy to have on hand for meals

Second Harvest is an equal opportunity provider.

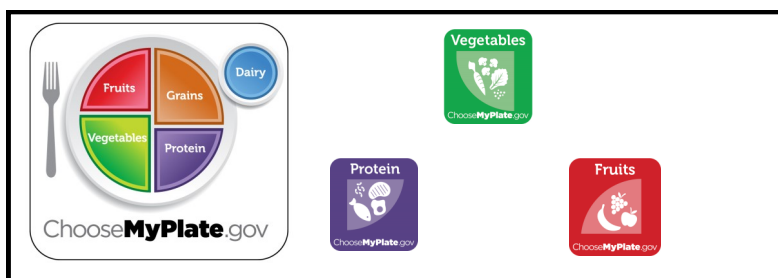
Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.12g	11%
Trans Fat 0.06g	
Polyunsaturated Fat 1.96g	
Monounsaturated Fat 4.82g	
<b>Cholesterol</b> < 5mg	<b>2%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 6g	21%
Total Sugars 20g	
Includes 9g Added Sugars	18%
Sugar Alcohol 0g	
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0.06mcg	0%
Calcium 152mg	10%
Iron 1.386mg	8%
Potassium 588mg	10%
*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.	



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