

HARVEST OF THE MONTH

Tangy Cabbage Slaw



Week 2, Friday Dinner, (2/1/12)

Substitute for Coleslaw

Serving Size: 1 cup

Recipe inspired by Taste of Home Recipes

Ingredients:

½ cup vinegar

5 tbsp olive oil

1 tbsp apple juice base

1 tbsp lemon juice

3 tsp sugar

1 tsp each salt and pepper

1 tbsp mustard

¼ tsp red pepper flakes

6 ½ cups shredded cabbage

2 cups shredded and finely chopped carrot (4 medium sized carrots)

Preparation:

1. In a large bowl combine vinegar, olive oil, apple juice base, sugar, salt, pepper, mustard, and red pepper flakes. Set aside.
2. In a bowl combine cabbage and shredded carrots.
3. Add dressing about an hour before serving. Toss lightly to coat.