



Fresh and Fruity Cole Slaw

Yields 20 servings (½ cup each)

Ingredients

- 1 small onion, chopped
- 3 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt, optional
- ¼-½ head cabbage, shredded (about 3 cups)
- 2 medium carrots, grated
- ⅓ cup kale, chopped
- 6 radishes, grated
- 1 medium apple, grated
- ¼ cup fresh parsley or cilantro, chopped

Instructions

1. In the bottom of a large bowl combine chopped onion, vinegar, oil, pepper, and salt (if desired). Let onion mixture stand for 10 minutes.
2. Add cabbage, carrots, kale, radishes, apple and herbs to bowl. Mix well.
3. Chill at least 15 minutes before serving.

Helpful Information

- Try using red cabbage or use both red and green cabbage!
- Radish tops are edible. Try adding just a little to your green salads to see if you like them.
- Use a variety of apples. Try a crisp and sweet variety of apple to use in this recipe.

Source: Adapted Radish Slaw Recipe from [Celebrating a Healthy Harvest](#)
part of CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts

Serving Size 1/2 cup

Servings Per Recipe 20 servings

Amount Per Serving

Calories 25 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 1g

Vitamin A 15% • Vitamin C 20%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.



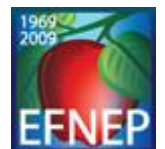
Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

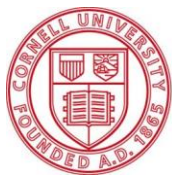
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Ensalada de Col Fresca y Afruitada

Rinde 20 raciones (½ taza cada una)

Ingredientes

- 1 cebolla pequeña, picada
- 3 cucharadas de vinagre de cidra de manzana
- 1 cucharada de aceite de oliva
- ¼ de cucharadita de pimienta negra molida
- ⅛ de cucharadita de sal, si desea
- ¼-½ col entera, cortada en tiras (como 3 tazas)
- 2 zanahorias medianas, ralladas
- ⅓ de taza de col rizada, cortada
- 6 rábanos, rallados
- 1 manzana mediana, rallada
- ½ taza de perejil o cilantro, picado

Instrucciones

1. En un tazón grande, mezcle la cebolla picada, el vinagre (o jugo de limón), el aceite, la pimienta, y la sal (si desea). Deje esta mezcla de cebolla reposar 10 minutos.
2. Añada la col, las zanahorias, los rábanos, la manzana y las hierbas al tazón. Mezcle bien.
3. Enfríelo por los menos 15 minutos antes de servir.

Información Útil

- ¡Trate de usar col morada o use ambas, col morada y col verde!
- Se pueden comer las hojas de rábano. PÓ ngale solo un poco a sus ensaladas verdes para ver si le gusta.
- Utilize una variedad de manzanas. Pruebe un tipo de manzana crujiente y dulce para usar en esta receta.

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