

Sweet & Spicy Apple Cabbage Slaw



Adding apples to a slaw or salsa is a great way to incorporate fruit into a savory meal, adding a nice balanced flavor and sweet crunch.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

3 cups	Cabbage, green or red, finely shredded (about ¼ medium head or ½ small head or use pre-shredded slaw mix)
1 medium	Apple, any variety, cut into matchsticks or diced
1 small	Jalapeno, minced
¼ cup	Cilantro, fresh, chopped (about ¼ bunch)
2 each	Limes, juiced
2 Tbsp	Olive Oil
½ tsp	Garlic Powder
½ tsp	Cumin, ground
¼ tsp	Kosher Salt
To Taste	Black Pepper

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine shredded cabbage, apple, jalapeno, and cilantro in a large mixing bowl.
3. Add lime juice (and zest, if desired), oil and spices and toss to combine. Set aside for at least 10-15 minutes to allow the flavors to combine fully.
4. The prepared slaw will keep in the refrigerator for about 2 days before losing its crunchy texture.

CHEF'S NOTES

You can use any apples you prefer in this slaw, but we recommend a sweeter variety such as Honeycrisp, Golden Delicious, Gala, or Fuji to create a balanced flavor with the acidic dressing. This recipe is also delicious with other fruits like mango, pineapple, kiwi, peaches, and strawberries.

Leaving the skin on the apples will not only increase the fiber content of this dish, but they add a wonderful texture and color contrast to the finely shredded cabbage. The skin of the apple is also packed with the flavonoid quercetin which has antioxidant and anti-inflammatory effects in the body. Apples are also a good source of Vitamin C which helps your immune system function properly. So many great reasons to eat more apples!

Nutrition Facts

8 servings per container

Serving size 1/2 cup (72g)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 7g 3%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 110mg 2%

* 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.

