

# 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.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
-----------------------------------	-----------------------------------	------------------------------------

## INGREDIENTS

3 cups	Cabbage, finely shredded (about ¼ medium head or ½ small head)
1 medium	Apple, any variety, cut into matchsticks
1 small	Jalapeno, minced
¼ cup	Cilantro, fresh, chopped
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.
4. The prepared slaw will keep in the refrigerator for about 2 days before losing its crunchy texture.

## CHEF'S NOTES

You can use whatever 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.

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 (71 g)

Amount per serving

**Calories** 50

% Daily Value \*

**Total Fat 3.5g** 5%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 65mg** 3%

**Total Carbohydrate 6g** 2%

Dietary Fiber 1g 5%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein less than 1g** 0%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.24mg 0%

Potassium 100mg 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.

