



Apple and Red Cabbage Slaw

Shine **365**
Marshfield Clinic

PREP TIME: 25 minutes • **SERVINGS:** 6

INGREDIENTS

- 3 cups coarsely grated red cabbage
- 1 medium orange bell pepper, thinly sliced
- 1 Granny Smith apple, cored and cut into matchsticks (1 ¼ cups)
- 1 cup cilantro leaves, chopped
- 3 tablespoons fresh orange juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 2 teaspoons whole-grain Dijon mustard
- 2 teaspoons olive oil

INSTRUCTIONS

Toss together cabbage, bell pepper, apple and cilantro in a large bowl.

Whisk together remaining ingredients in a small bowl. Drizzle dressing over cabbage mixture and toss to combine. Season with salt and pepper, if desired.

NUTRITION INFORMATION

Each serving (1 cup) contains about: 63 calories; 12g carbohydrates; 2g fat; 2g fiber; 0.5g protein; 0.5g saturated fat; 52mg sodium; and 9g sugar.