



A Nutrition Resource



GINGERED CABBAGE SALAD

Yield: 6 Servings | Serving Size: 3/4 cup

Cost/Serving: \$1.30

Ingredients:

- 2 2/3 cups red cabbage, shredded
- 1 1/3 cups green cabbage, shredded
- 1 tbsp lemon juice
- 1 cup apples, thinly sliced
- 1 tbsp cider vinegar
- 1 tsp fresh ginger, peeled, minced
- 1/2 tsp honey
- 1/2 tsp garlic, minced
- 1/3 cup dried cranberries
- 3 tbsp sunflower seeds

Directions:

1. Cut cabbage into wedges and remove the core. Shred and set aside in a bowl.
2. Core and peel apples. Cut into thinly sliced wedges. Toss with lemon juice in a bowl to prevent browning.
3. Whisk oil, vinegar, ginger, honey, mustard, garlic, salt, and pepper until well combined.
4. Add apples and lemon juice to the cabbage. Drizzle with dressing and toss to coat.

Nutrition Facts	
6 servings per container	
Serving size	3/4 cup (0.0g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1mg	6%
Potassium 220mg	4%
<small>* 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.</small>	

Recipe adapted from Vermont FEED
New School Cuisine Cookbook and
MT Harvest of the Month

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5. Add cranberries and toss again. Sprinkle with sunflower seeds.
6. Cover and let stand for 15 minutes before serving. If preparing more than 30 minutes before service, refrigerate.

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