

# COOKING DEMO



## CABBAGE CRANBERRY APPLE SLAW



### Cabbage Cranberry Apple Slaw

Yield: 8 servings (Serving size = 1 cup)

#### Ingredients:

- 5 cups thinly sliced purple cabbage (about 1 1/2 pounds)
- 1/2 cup dried cranberries
- 1/3 cup rice vinegar
- 1/3 cup sugar
- 2 tablespoons white wine vinegar
- 2 teaspoons olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 1/4 cups thinly sliced Granny Smith apple (2-3 cups)
- 1/4 cup slivered almonds, toasted (or toasted pecans)

#### Directions:

Combine cabbage and cranberries in a large bowl. Combine rice vinegar, sugar, white wine vinegar, olive oil, salt, and pepper (whisk together). Drizzle over cabbage mixture, tossing gently to coat. Cover and chill 2 hours. Add apple, and toss well to combine. Sprinkle with almonds. YUM!

Apples will reach their peak deliciousness soon! Head to the apple orchard to find the perfect tart apples for this recipe. The purple cabbage in this recipe is bursting with antioxidants, and the sweet dressing ties all the flavors together. It is sure to be a fall favorite!

**Cost per recipe: \$3.25**  
**Cost per serving: \$0.40**

#### Nutrition Info: serving size 1 cup

Calories 131
Calories from fat 29 %
Fat 4.2 g
Sat fat 0.4 g
Mono fat 2.4 g
Poly fat 1 g
Protein 1.7 g
Carbohydrate 23.6 g
Fiber 3.8 g
Cholesterol 0.0 mg
Iron 0.7 mg
Sodium 236 mg
Calcium 46 mg

**Recipe Source:** <http://www.myrecipes.com/recipe/red-cabbage-cranberry-apple-slaw>





## Health Benefits and More!

### Five reasons to eat more purple cabbage

**1. Powerful Antioxidants:** The beautiful deep purple color of cabbage isn't just for looks, it's an indicator of a rich supply of an antioxidant called anthocyanin. Anthocyanin is a cancer fighting antioxidant.

**2. Fill up for less:** Cabbage has a low caloric density compared to other foods, and fiber. Translation: You can eat a lot of cabbage and it will not cost a bulk of your calories, plus the fiber content in cabbage will help you feel full. One cup of raw cabbage contains only 25 calories and 2 grams of fiber.

**3. Vitamins and Minerals:** Purple cabbage is a good source of vitamin C, vitamin K, and folate - just to name a few. Vitamin C and vitamin K are powerful antioxidants. Vitamin C is probably the most well-known antioxidant, but it also helps the body to absorb iron. Vitamin K is best known for its role in the blood clotting process, but it is also plays an important role in bone health. Folate is a B vitamin which helps support nervous system function.

**4. Economical:** Cabbage is cheap and in season. It's a hardy vegetable and can withstand the cool nights that creep up this time of the year.

**5. It's tasty!** Cabbage will add just the right amount of crunch to your dish to add texture and interest.

Source: <http://healthyeating.sfgate.com/nutrients-purple-cabbage-1160.html>  
Modified by Ashley Denton, RDN, LD

### Dietitian tips for this recipe:

- ▶ Look for unsweetened dried cranberries
- ▶ Try substituting honey in place of sugar. Additionally, you can reduce the amount of sugar or honey to taste.
- ▶ For a kitchen time saver, look for pre-shredded cabbage and pre-toasted almonds.
- ▶ This recipe can be made ahead of time, but don't add the dressing until 1-2 hours before serving. Adding the dressing earlier will cause the cabbage to lose its crunch.
- ▶ Any apple variety will do, but the tartness of the Granny Smith variety will complement the sweet dressing best.