



Red & Green Holiday Slaw

5 cups shredded red cabbage,
washed
½ cup dried cranberries
2 large Granny Smith apples,
washed, and thinly sliced
1/3 cup walnuts

Dressing

¼ cup apple cider vinegar
1 Tbsp. sugar
1 tsp. Dijon mustard
3 Tbsp. olive oil

Directions

1. Wash hands with soap and water. Mix apples, cabbage, cranberries, and walnuts in large bowl.
2. Combine vinegar, sugar, and Dijon mustard. While whisking, stir in olive oil.
3. Pour oil mixture over slaw. Cover and refrigerate for an hour. Enjoy!

Yield: 16 Servings

Nutrition Facts (per serving): 80 *calories*, 4.5 *grams fat*, 10 *milligrams sodium*, 11 *grams carbohydrate*, 2 *grams fiber*, 1 *gram protein*

Source: Mary Liz Wright, University of Illinois Nutrition & Wellness Extension Educator

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