

# Coleslaw with a Twist

## Ingredients

- 1½ cups green cabbage, shredded
- 1½ cups red cabbage, shredded
- 1 cup carrots, shredded
- 1 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- ½ tsp salt

## Directions

1. Finely shred both green and red cabbage. Coarsely shred carrots.
2. In a large bowl, whisk together olive oil, apple cider vinegar, dijon mustard, honey, and salt.
3. Add in cabbage and carrots, toss to coat.
4. Let stand for 5 minutes before serving.

## Handling & Storage

Look for cabbage heads with shiny, compact leaves that are heavy for their size and free of blemishes.

Store in the refrigerator for up to a week in an airtight plastic bag. If you store a section, cover it tightly with plastic wrap and use within 2 days.

To prepare, remove outer leaves and cut cabbage into pieces,

then wash well under running water.

## **Nutritional Information**

**Calories:** 69

**Total Fat:** 3.7 g

**Saturated Fat:** 0.5 g

**Trans Fat:** 0.0 g

**Cholesterol:** 0 mg

**Sodium:** 364 mg

**Total Carbohydrates:** 8.9 g

**Dietary Fiber:** 2.1 g

**Sugars:** 6.0 g

**Protein:** 1.1 g