

RECIPE of the MONTH



Apple Cranberry Coleslaw

SERVES 4

INGREDIENTS:

THE SALAD MIX:

7 oz Green Cabbage, shredded (about 1 1/8 cups, or roughly a quarter of a small head of Cabbage)
4 oz Red Delicious Apple, chopped with skin on (about 3/4 cup, or 1 small Apple)
2 1/2 tbsp Dried Cranberries

THE DRESSING:

1 tbsp + 1 tsp Honey
1 tbsp + 1 tsp Apple Cider Vinegar
1 tbsp + 1 tsp Olive Oil
2 tsp Fresh Lemon Juice

INSTRUCTIONS:

- 1. PREP THE PRODUCE:** Shred your cabbage into fine strands and chop the apple (leaving the skin on for color and nutrition) into thin, bite-sized matchsticks or strips.
- 2. COMBINE:** In a medium mixing bowl, toss together the shredded cabbage, chopped apples, and dried cranberries.
- 3. WHISK THE DRESSING:** In a separate small bowl, whisk together the honey, apple cider vinegar, olive oil, and lemon juice until the mixture emulsifies (blends smoothly together).
- 4. DRESS AND SERVE:** Pour the dressing over the cabbage mixture and stir thoroughly to ensure everything is evenly coated.



OCTOBER