

# Cranberry Walnut Slaw

- Try substituting cabbage with brussel sprouts. If you buy a head of cabbage larger than 1 pound, slice up leftover cabbage to use in another meal. Try sautéing with sliced apples and seasoning with a little cider vinegar, salt, and pepper. Serve with chicken or pork.
- Try making a double batch of dressing. Leftovers can be stored in the refrigerator for several weeks to use on other types of salad.
- Make endless flavor variations by using different herbs and spices in place of celery seed. Try Mrs. Dash, Italian seasoning, minced garlic, onion, or ginger. Keep the salt content low by keeping added salt at 1/4 teaspoon or less.
- Leftover slaw will last up to 1-2 days in the refrigerator before getting soggy.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 19g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 53mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 385mg	<b>8%</b>
*The % Daily Value 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.	

# Cranberry Walnut Slaw

Servings: 8    Prep Time: 20 minutes



## Ingredients:

### Salad Base:

- 1 pound of cabbage or brussel sprouts
- 3 large carrots
- 1 cup walnuts, almonds or sunflower seed
- 1 cup dried cranberries or raisins

### Dressing:

- 1/3 cup apple cider vinegar
- 1/4 cup canola oil
- 1 Tablespoon sugar
- 1 teaspoon celery seed (or 3 Tablespoons chopped celery tops/greens)
- 1/4 teaspoon salt

## Directions:

1. Rinse and thinly slice cabbage and carrots. If using brussel sprouts use a food processor (or cheese grater) to **shave** the sprouts. **Peel and grate** carrots. Place in large bowl.
2. **Chop** walnuts or almonds (leave sunflower seeds whole).
3. **Combine** dressing ingredients into a small bowl and **whisk** until all ingredients are combined.
4. **Pour** dressing over vegetables.
5. **Add** the nuts and cranberries or raisins, and **toss** until all ingredients are coated with dressing.
6. **Chill** until ready to serve.

Mix it up by adding your favorite raw vegetables like sliced onions, celery, purple cabbage, thin sliced bell peppers or cucumbers or broccoli tops.

Recipe Credit:

Recipe Adapted from Cooking Matters