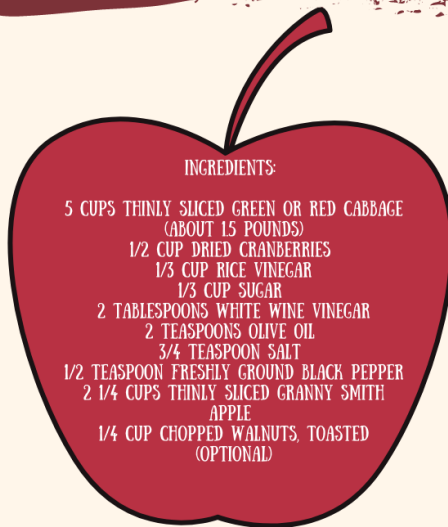


CABBAGE CRANBERRY APPLE SLAW



INGREDIENTS:

5 CUPS THINLY SLICED GREEN OR RED CABBAGE
(ABOUT 15 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 CRANNY SMITH
APPLE
1/4 CUP CHOPPED WALNUTS, TOASTED
(OPTIONAL)

DIRECTIONS:

1. COMBINE CABBAGE AND CRANBERRIES IN A LARGE BOWL.
2. COMBINE VINEGAR AND NEXT 5 INGREDIENTS, STIRRING WITH A WHISK; DRIZZLE OVER CABBAGE MIXTURE, TOSSING GENTLY TO COAT.
3. COVER AND CHILL FOR 2 HOURS. ADD APPLE, AND TOSS WELL TO COMBINE. SPRINKLE WITH WALNUTS, IF DESIRED.

BENEFITS!



APPLES ARE FULL OF ANTIOXIDANTS, FIBER AND WATER TO SUPPORT VITAL ORGAN FUNCTIONS, PROMOTE HEART HEALTH AND SUPPORT GUT HEALTH!



CABBAGE IS A CRUCIFEROUS VEGETABLE THAT IS LOW IN CALORIES AND PACKED WITH NUTRIENTS! CABBAGE HELPS TO PREVENT INFLAMMATION AND SUPPORT THE IMMUNE SYSTEM!



CRANBERRIES ARE LOADED WITH ANTIOXIDANTS THAT HELP PREVENT DISEASE AND PROMOTE IMMUNE FUNCTION! THEY ALSO HAVE BEEN IMPLICATED IN HELPING TO LOWER BLOOD PRESSURE.

WHY EAT SEASONALLY?

SEASONAL FOOD REFERS TO PRODUCE THAT IS PURCHASED AND CONSUMED AROUND THE TIME THAT IT IS HARVESTED.

EATING SEASONALLY IS IMPORTANT BECAUSE IT IS FRESH AND MORE NUTRITIOUS THAN FOOD CONSUMED OUT OF SEASON! EATING SEASONALLY ALSO ENCOURAGES YOU TO EAT A VARIETY OF DIFFERENT PRODUCE AND SUPPORTS THE ENVIRONMENT AND LOCAL PRODUCERS. NOT TO MENTION, ITS CHEAPER!

GREAT LAKES



THANKS FOR "CRUNCHING" WITH US!

