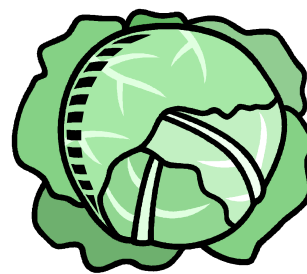


Using Cabbage

Enjoy the Bounty from Wayne County!



Confetti Coleslaw

(Serves 8)

- 2 Tbsp orange concentrate, defrosted
- 1 red apple, unpeeled, cored and diced
- 4 cups shredded cabbage
- 2 small red onions, finely shredded
- 1 red or green sweet pepper, thinly sliced
- 3 Tbsp raisins
- 1 Tbsp low-fat mayonnaise
- 1/2 cup plain low-fat yogurt
- 1/2 tsp dry mustard
- 1/8 tsp paprika
- 1/8 tsp freshly ground black pepper

Try fruits and vegetables from every color of the rainbow. Make it a rainbow on your plate! Use salad bars, buffets or family gatherings to try new flavors.

Directions:

In a large bowl, stir together juice concentrate and diced apple. Add cabbage, onion, pepper and raisins. In a small bowl, stir together mayonnaise, yogurt, mustard, paprika, and pepper. Add to vegetable mixture. Cover tightly and refrigerate until ready to serve.

(Recipe adapted from fruitsandveggiesmatter.gov website)

Nutrition information per serving: 60 calories, 0 g. fat, 13 g. carbohydrate, 2 g. protein, 2 g. fiber, 30 mg. sodium

More Ideas for Cabbage

- Stir-fry cabbage with other favorite veggies
- Add cabbage to vegetable soup
- Grate cabbage and add to tossed salad