



Provided by Illinois Harvest of the Month

Crisp and tart, this salad combines green apples with fresh cabbage in a delightful salad.

This is an autumn family recipe for cabbage.

Adapted from Epicurious.com

Prep Time	Total Time	Yield	Energy
30 min	30 min	10	312 cal

Ingredients

- ✓ 2 ½ -pound white cabbage, cored and chopped (about 12 cups)
- ✓ 4 Granny Smith apples, cut into julienne strips
- ✓ 4 ribs of celery, sliced thin diagonally
- ✓ 1 ½ cups walnuts
- ✓ ½ cup mayonnaise
- ✓ ½ cup plain yogurt or plain Greek yogurt
- ✓ 1 T Dijon-style mustard
- ✓ 3 T sugar
- ✓ ¼ cup vegetable oil
- ✓ ¾ teas salt, or to taste
- ✓ ¼ cup red-wine vinegar

Method

- 1 In a very large bowl, stir together the cabbage, the apple strips, the celery, and the walnuts.

- 2 In a small bowl whisk together the mayonnaise, the yogurt, the mustard, the sugar, the oil, the salt, and the vinegar until the dressing is smooth.

3 Pour the dressing over the cabbage mixture, and toss the slaw well.

4 Chill the slaw, covered, for 2 hours.

5 The slaw can be made 1 day in advance. Keep covered and chilled.

Nutrition Facts

Amount per serving

Calories 312

% Daily Value*

Total Fat 20.9 g 26.79%

Saturated Fat 2 g 10%

Cholesterol 4 mg 1.33%

Sodium 319 mg 13.87%

Total Carbohydrate 28.6 g 10.4%

Dietary Fiber 6.6 g 23.57%

Total Sugars 18.6 g

Protein 7.2 g 14.4%

Vitamin D (Cholecalciferol) 0 IU 0%

Calcium 89 mg 6.85%

Iron 2 mg 11.11%

Potassium 462 mg 9.83%

* The % Daily Value (DV) 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.