

# CABBAGE & APPLE SLAW

Serves 4-6



## Ingredients:

- 1/2 red cabbage
- 1 apple
- 2 tablespoons apple cider vinegar
- Pinch of salt and pepper



## Instructions:

1. Wash hands, cabbage, and apple 🥕
2. Thinly slice the cabbage into shreds and thinly slice the apple, add cabbage and apples to a big bowl
3. Add the apple cider vinegar, salt, and pepper to the big bowl and stir 🥕
4. Marinate in the refrigerator for at least 1 hour 🥕

🥕 = kid-friendly step



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## WHY CABBAGE?

-  Red cabbage is high in vitamin C.
-  Vitamin C is great for your immunity and wards off various cancers and heart disease.
-  Cabbage is very low in calories and high in fiber so cabbage fills you up while helping you maintain a healthy weight.
-  Cabbage is high in vitamin K.
-  Vitamin K is important for a healthy heart, strong bones, and reduces your risk of getting cancer.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:  
[www.mfma.org](http://www.mfma.org)








Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:  
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