



Cornell University
Cooperative Extension
New York City



Fresh and Fruity Cole Slaw

Yields 20 servings (½ cup each)

Ingredients

- 1 small onion, chopped
- 3 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt, optional
- ¼-½ head cabbage, shredded (about 3 cups)
- 2 medium carrots, grated
- ⅓ cup kale, chopped
- 6 radishes, grated
- 1 medium apple, grated
- ¼ cup fresh parsley or cilantro, chopped

Instructions

1. In the bottom of a large bowl combine chopped onion, vinegar, oil, pepper, and salt (if desired). Let onion mixture stand for 10 minutes.
2. Add cabbage, carrots, kale, radishes, apple and herbs to bowl. Mix well.
3. Chill at least 15 minutes before serving.

Helpful Information

- Try using red cabbage or use both red and green cabbage!
- Radish tops are edible. Try adding just a little to your green salads to see if you like them.
- Use a variety of apples. Try a crisp and sweet variety of apple to use in this recipe.

Source: Adapted from Celebrating a Healthy Harvest and part of CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Nutrition Facts	
Servings Per Recipe	20 servings
Serving size	½ cup
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 79mg	2%
<small>*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.</small>	
<small>Label analysis based on ingredients listed.</small>	





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新鲜果味的凉拌卷心菜 产量 20 份（每份 1/2 杯）

食材

- 1 个小洋葱，切碎
- 3 汤匙苹果醋
- 1 汤匙橄榄油
- 1/4 茶匙黑胡椒粉
- 1/8 茶匙盐，可选
- 1/4-1/2 头卷心菜，切丝（约 3 杯）
- 2 个中等大小的胡萝卜，磨碎的
- 1/3 杯羽衣甘蓝，切碎
- 6 个萝卜，磨碎的
- 1 个中等大小的苹果，磨碎的
- 1/4 杯新鲜欧芹或香菜，切碎

指示

1. 在一个大碗里混合切碎的洋葱、醋、油、（如果需要）。让洋葱混合物静置 10 分钟。
2. 将卷心菜、胡萝卜、羽衣甘蓝、萝卜、苹果和香草放入碗中搅拌均匀。
3. 上菜前至少冷却 15 分钟

有用的信息

- 尝试使用紫卷心菜或同时使用紫卷心菜和绿卷心菜！
- 萝卜头可食用。试着在你的绿色沙拉里加一点，看看你是否喜欢它们。
- 使用各种苹果或者水果。

资料来源：CUCE-NYC FMNP 食谱集 2015

要查找农贸市场食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查找食谱视频，请访问我们的 YouTube 频道：**Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	20 servings
Serving size	1/2 cup
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 79mg	2%
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