

Cabbage Apple Slaw

Ingredients:

- 2 apples
- 4 cups shredded cabbage
- 1 cup shredded carrots
- 2 green onions, sliced
- 1/4 cup (60 mL) cider vinegar
- 2 tbsp (30 mL) vegetable oil
- 2 tbsp (30 mL) water
- 1 tsp granulated sugar
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 1/2 tsp dried dillweed
- 1/4 tsp pepper



Directions:

1. Core but do not peel apples. Cut each into 16 wedges; thinly slice wedges crosswise.
2. In large bowl, toss together apples, cabbage, carrot and onions.
3. Whisk together vinegar, oil, water, sugar, mustard, salt, dillweed and pepper; pour over vegetables and toss to coat well.

4. Let stand for at least 15 minutes or for up to 6 hours.

*Tip: Use sweet-tart red-skinned apples that hold shape well.

*Tip: To shred cabbage, cut into 1-1/2-inch (4 cm) thick wedges, leaving core intact to hold leaves together. Slice thinly across the grain, avoiding core.