



Makes 8 cups

Preparation Time: 25 minutes

INGREDIENTS:

2 cups shredded green cabbage

2 cups shredded red cabbage

1 cup thinly sliced celery

¼ cup white wine vinegar

2 tablespoons pure maple syrup

1 teaspoon Dijon-style mustard

Pinch of sea salt

3 red apples, such as Braeburn,
Jazz, or Honeycrisp

2 carrots

Veggie and Apple Slaw

This multicolored vegan slaw is tossed with a tangy **Dijon** vinaigrette and sweetened with freshly grated apple. Carrots and celery round out the salad with extra crunch and flavor. The slaw should be prepared no more than a few hours before serving, since the vinegar in the dressing will keep the apples from browning for a short time, but not for longer storage. For an even easier version, use pre-cut slaw mixes from the supermarket in place of the cabbage and carrots. You can also try making it with different types of vinegars, such as balsamic or raspberry. Serve as a side with sandwiches or veggie burgers.

By Carla Christian, RD, LD

- 1** Combine the green cabbage, red cabbage, and celery in an extra-large bowl.
- 2** Whisk together the vinegar, maple syrup, mustard, and salt in a small bowl.
- 3** Spiralize or shred the apples and carrots using the coarse blade of a spiralizer or the coarse side of a box grater; add to the cabbage mixture. Drizzle with dressing; toss to coat.