

# Apple Coleslaw With Honey-rosemary Dressing

Makes 4 servings

## Ingredients

- ¼ cup extra-virgin olive oil
- 2 teaspoons spicy brown mustard
- 1 tablespoon honey
- 2 teaspoons white balsamic vinegar
- 2 teaspoons freshly squeezed lemon juice
- ¼ teaspoon ground rosemary
- ⅛ teaspoon freshly ground black pepper
- 1 small head red cabbage, core removed and sliced into thin strips
- 8 red radishes, thinly sliced and chopped
- 2 medium tart apples (such as Granny Smith), core removed and chopped

## Directions

1. In a large bowl, whisk together first 7 ingredients. Add cabbage, radish and apples. Toss until well-coated. Cover and place in the refrigerator for 1 hour.
2. Remove from refrigerator, remove cover, toss lightly and enjoy!



SIDE DISH



## TIP

If you don't have red cabbage on hand, you can use green cabbage, Napa cabbage or bok choy instead!\*

\*Option not included in nutrition facts.

= low sodium

= gluten free

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## Nutrition Facts

Serving Size 1 cup (284g)  
Servings Per Container 4

Amount Per Serving

**Calories 240**    **Calories from Fat 120**

**% Daily Value\***

**Total Fat 14g**    **22%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 80mg**    **3%**

**Total Carbohydrate 29g**    **10%**

Dietary Fiber 6g    **24%**

Sugars 20g

**Protein 2g**

**Vitamin A 35%**    • **Vitamin C 150%**

**Calcium 8%**    • **Iron 8%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 2