

Apple Slaw

Serves: 6

Prep time: 25 minutes + 20 minutes rest time

Cook time: 0 minutes



1 serve per portion

Ingredients

3 cups green cabbage, shredded

1 large carrot, unpeeled and grated or sliced into thin matchsticks

1 red apple, unpeeled and cored, sliced into thin matchsticks

1 Granny Smith apple, unpeeled and cored, sliced into thin matchsticks

Dressing:

1/3 cup reduced fat natural yoghurt

2 tablespoons extra virgin olive oil

2 tablespoons lemon juice

1 garlic clove, minced

1 teaspoon honey

Salt and pepper, to taste

Method

ADD cabbage, carrot and apples to a large bowl.

COMBINE dressing ingredients in a small bowl or jar and mix well.

POUR dressing over the vegetables and combine well. Leave slaw to sit in the fridge for at least 20 minutes (ideally for 2 hours or overnight) for the vegetables to soften and absorb the flavours. MIX well before serving.



Everyday Food

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada