



# Coleslaw

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1	cabbage, medium head	1
5-6	carrots, large, peeled	5-6
2	lemons, juice and grated peel	2
½ cup	vegetable oil	125 mL
½ cup	vinegar (apple cider or white wine)	125 mL
2 tbsp	sugar or maple syrup	30 mL
1 cup	apples, chopped	250 mL
1 cup	cranberries, dried	250 mL

*Note:* Nutrition Information is on page 2.

## Instructions

1. Chop cabbage and carrots using julienne blade of food processor.
2. In a medium bowl, combine vinaigrette ingredients (lemon juice, peel, vegetable oil, maple syrup, apples, and cranberries). Pour over cabbage and carrot mix, ensuring that carrots and cabbage are evenly distributed.
3. Allow to marinate for 2 hours, or serve immediately

**Nutrition Information**

Serving 38 g

Calories 40

Fat 2.5 g

Saturated 0 g

+ Trans 0 g

Sodium: 10 mg

Carbohydrates: 5 g

Fibre 1 g

Sugars 3 g

Protein 0 g

Calcium 10 mg

Iron 0 mg

**Food Guide Servings**

½ Vegetable &amp; Fruit