

## Apple-Cherry Slaw

½ of a 16-oz. packaged shredded cabbage with carrot (coleslaw mix) or 4 cups shredded purple or green cabbage.

2 cups loosely packed fresh baby spinach

1 granny smith or golden delicious apple, cored and sliced into thin strips or chopped

½ cup dried cherries

2 TBSP sliced green onions

Vinaigrette (recipe below)

¼ cup sunflower kernels

1. In a large bowl, toss together cabbage, spinach, apple, cherries, and green onion.
2. Prepare and shake the vinaigrette well. Add vinaigrette to mixture and toss lightly to coat.
3. Sprinkle with sunflower kernels.
4. Serve immediately or cover and refrigerate up to 24 hours before serving.

## Vinaigrette

1/3 cup sunflower or canola oil

3 TBSP apple cider vinegar

3 TBSP orange juice

1 TBSP honey

1 ½ tsp Dijon mustard

¼ tsp salt

Dash of cinnamon

1. Place all ingredients in a screw-top jar. Cover and shake well.

Makes 8-10 servings. Nutrition facts per serving: 165 calories, 11 gm total fat, 125 mg sodium, 17 gm carbohydrate, 2 gm fiber, 2 gm protein.

HALL-PERRINE  
CANCER CENTER

