



## Healthy Recipe



### APPLE SLAW

2 tbsp	olive oil	1 med. head	<b>RI-grown</b> green cabbage, shredded
2 tbsp	cider vinegar		
1 tsp	sugar	3 medium	<b>RI-grown</b> Macoun apples, peeled and grated
pinch	salt		

1. In a small bowl, whisk together olive oil, vinegar, sugar and salt to make dressing.
2. In a large bowl, mix together shredded cabbage and grated apples.
3. Add dressing to the cabbage/apple mixture and toss well.
4. Cover and refrigerate; serve cold.

## Nutritional Information

**Per serving (6 servings in recipe):**

Calories:	120	Vitamin A:	4%
Cal from Fat:	42	Vitamin C:	98%
Total Fat:	5 g	Calcium:	6%
Saturated Fat:	1 g	Iron:	4%
Cholesterol:	0 mg		
Sodium:	44 mg		
Carbohydrates:	20 g		
Fiber:	5 g		
Sugar:	14 g	Percent Daily Values are based on a	
Protein:	2 g	2000 calorie-per-day diet	

**GET FRESH.  
BUY LOCAL.**

Your purchase of  
RI grown and raised foods

**SUPPORTS**

the local economy,

**HELPS**

to preserve open space

and **CONTRIBUTES**

to a  
sustainable food system.

Please visit us at  
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