

Cranberry Walnut Coleslaw

This new take on traditional coleslaw is loaded with fiber and flavor!

Makes: 10 servings

Prep Time: 15 minutes

Source: cookingmatters.org cranberry walnut coleslaw

Ingredients

- (1-pound) head cabbage
- 3 medium carrots
- 1 cup walnuts
- 1/3 cup cider vinegar
- 1/4 cup canola oil
- 1 Tablespoon sugar
- 1 teaspoon celery seed
- 1/4 teaspoon salt
- 1 cup dried cranberries

Directions

1. Rinse cabbage and carrots. slice cabbage. Peel and grate carrots.
2. Chop walnuts.
3. In a large bowl, use a fork to whisk together vinegar, oil, sugar, celery seed, and salt. Add cabbage, carrots, walnuts, and cranberries.
4. Toss to mix well.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 3/4 Cup

Nutrients	Amount
Calories:	200
Total Fat:	14 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	80 mg
Total Carbohydrates:	20 g
Dietary Fiber:	3 g
Total Sugars:	14 g
Protein	3 g

Utensils Needed

- Box grater
- Cutting board
- Fork
- Large bowl
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Vegetable peeler

SHOPPING LIST

Average total cost without oil and seasonings: \$9.35

Average cost/serving: \$0.93

Recipe Makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Small head of Cabbage



Add 1 to Cart
Vinegar, any type



Add 2 to Cart
Carrots



Add 1 to Cart
Walnuts, 4oz bag



Add 1 to Cart
Cranberries



Add 1 to Cart
Honey, 12 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Toasting walnuts before adding to the coleslaw will add more flavor.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Brussels Sprouts, Cranberries and Bulgur Salad
 - Chicken Cabbage Stir-Fry