

Fennel & Apple Slaw

Switch up your side dish with this super quick and crunchy slaw.

Makes: 4 servings

Prep time: 15 minutes

Source: eatsmartmovemoreva.org



Small Changes,
BIG Difference!

Ingredients

- 2 firm apples, cored, and chopped
- 1 medium fennel bulb, thinly sliced
- 1 bunch radishes or turnips, grated
- 1 tablespoon of honey
- Juice from 1/2 a lemon
- 1/8 teaspoon salt
- 1 tablespoon of parsley (optional)



Directions

1. In a medium bowl, combine the lemon juice, honey, and salt, stirring until blended well.
2. Add apples, fennel, and radishes or turnips, and toss to combine. Let stand for 10 minutes to let the flavors mix.
3. Taste and adjust with more lemon juice, honey, or salt before serving.

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	78
Total Fat:	0g
Sodium:	90 mg
Total Carbohydrates:	20 g
Protein	1 g

Utensils Needed

- Medium bowl
- Knife
- Cutting board
- Peeler
- Measuring spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$12.23

Average cost/serving: \$3.06

Recipe Makes: 4 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 2 to Cart
Apples



Add 1 to Cart
Honey (12oz)



Add 1 to Cart
Fennel



Add 1 to Cart
Lemon



Add 1 to Cart
Turnip

SAVE TIME, SAVE MONEY

Cooking Tip:

Try putting slaw on roast beef or turkey sandwiches!

My Cooking Notes

