



Salad

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Apple Celery Slaw

Helpful Hints

Serving veggies and fruit together is a sweet way to help your child eat more veggies.

Apples and celery are in season all year, which means you can find them fresh and cheap.

Buy fresh cabbage and shred it with a cheese grater.

Apple Celery Slaw

Serves 8

Ingredients

½ cup apple cider vinegar
¼ cup sugar
1 tablespoon mustard
5 tablespoons olive oil
3 apples, sliced thinly
1 cup celery, sliced thinly
2 cups shredded raw
cabbage or 1 bag
preshredded cabbage

Directions

1. With fork, mix vinegar, sugar, and mustard in large bowl.
2. Slowly add oil, mixing until blended.
3. Add apples, celery, and cabbage.
4. Toss to combine.