

Witch's Slaw



Ingredients:

- 1 red apple, cored and shredded
- 1 cup shredded carrots
- 1 cup shredded purple cabbage
- 3 cups shredded cabbage
- 1 cup light vanilla yogurt
- 1 tablespoon vinegar

Directions:

1. Combine all ingredients in a medium-sized mixing bowl.
2. Chill until ready to serve. For fun with older kids, you can garnish each serving with a plastic spider.
3. Microwave a piece of cabbage for 20-30 seconds so it becomes pliable. Mold it into the shape of a hat (see photos).

Servings: 8

Each Serving: 1/2 cup.

Per Serving:

40 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 31 mg sodium, 8 g carbohydrate, 1.5 g fiber, 1.5 g protein.



Varieties

Four types of cabbage are commonly found at the grocery store:

- Green cabbage – Pale green head of cabbage with a white center.
- Red cabbage – This looks like green cabbage, except for its vibrant color.
- Savoy cabbage – This

variety sports crinkled leaves with a mild flavor.

- Napa cabbage – Several varieties fall into this category. These mild-flavored cabbages are long, oval-shaped bunches of pale green leaves.

Tips for Using Cabbage

- Cabbage is great in winter salads! Put together a

coleslaw, or mix cabbage shreds with other greens.

- Go for some crunch! Think of places you normally use lettuce – sandwiches, tacos, salads – and use shredded cabbage instead.
- HOLLOWED cabbages make festive serving bowls for dips and salads.