

Apple Celery Slaw with Nuts



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 6

Prep: 20 minutes

INGREDIENTS

- 2 tablespoons fresh lemon juice*
- ¼ teaspoon mustard
- 2 tablespoons cooking oil
- 3 apples, diced (with peel)
- 2 large celery ribs, diced
- 2 cups cabbage, shredded
- ¼ cup nuts, chopped
- Parsley, minced (optional)

DIRECTIONS

1. With a fork, whisk the juice or vinegar with the mustard in a large bowl.
2. Add the oil in a stream, whisking until blended.
3. Add apples, celery, and cabbage and toss.
4. Just before serving, sprinkle with nuts and parsley.

*Substitutions

2 tablespoons fresh lemon juice → 1 tablespoon apple cider vinegar



Nutrition Information

Serving Size: 1 cup

Total calories	123
Total fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	24 mg
Carbohydrates	15 g
Fiber	4 g
Sugars	10 g
Protein	3 g

Notes:

- Add green onion or toasted nuts for extra flavor.

Recipe source: Leah's Pantry