



Healthy Eating Active Living

Sponsored by Parkview Health and  
St. Joseph Community Health Foundation

## *Colorful Cabbage Salad with Apples, Walnuts, and Cranberries*

1/2 medium green cabbage, thinly sliced  
1/2 medium red cabbage, thinly sliced  
1 medium unpeeled crisp apple such as Granny Smith or Pink Lady,  
thinly sliced  
1 cup walnuts, coarsely chopped  
1 cup dried cranberries  
1/3 cup thinly sliced red onion  
1/3 cup apple cider vinegar

2 tablespoons extra-virgin olive oil 1 tablespoon syrup  
1/2 teaspoon celery seed  
1/4 teaspoon salt

### Directions:

Put the green cabbage, red cabbage, apple, walnuts, cranberries, and onion into a large bowl and mix well. In a small bowl, whisk together the vinegar, olive oil, syrup, celery seed, and salt. Pour over the cabbage and toss well. Cover and refrigerate until ready to serve.

(Source: [www.momskitchenhandbook.com](http://www.momskitchenhandbook.com), adapted from a recipe by Sharon Kramis)

