

Coleslaw with craisins



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Preparation: about 20 minutes

Serves: 4–6

½ savoy cabbage, trimmed and finely shredded*

1 carrot, peeled and coarsely grated

2 green onions (shallots), trimmed and thinly sliced

⅓ cup craisins, chopped

½ cup reduced fat coleslaw dressing

Salt and ground black pepper

**You will require about 4 cups shredded cabbage*

1. Place cabbage, carrot, green onions and craisins in a bowl. Drizzle with coleslaw dressing and season with salt and pepper. Toss to combine and serve.

Serving suggestions:

- Serve on a burger or with a barbecued sausage on a bread roll.
- Serve in a bread wrap with shaved ham or chicken.
- Serve with fish and chips.



Savoy cabbage

- An excellent source of vitamin C, which helps protect the body against infections.
- Provides folate, one of the B group vitamins that is needed by the nervous system and is especially important in the early stages of pregnancy.
- A good source of dietary fibre, which helps keep us regular.
- The darker the leaves, the higher the vitamin content.



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