



**Cornell University**  
Cooperative Extension  
New York City



## Fresh and Fruity Cole Slaw

Yields 20 servings (½ cup each)

### Ingredients

- 1 small onion, chopped
- 3 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt, optional
- ¼-½ head cabbage, shredded (about 3 cups)
- 2 medium carrots, grated
- ⅓ cup kale, chopped
- 6 radishes, grated
- 1 medium apple, grated
- ¼ cup fresh parsley or cilantro, chopped

### Instructions

1. In the bottom of a large bowl combine chopped onion, vinegar, oil, pepper, and salt (if desired). Let onion mixture stand for 10 minutes.
2. Add cabbage, carrots, kale, radishes, apple and herbs to bowl. Mix well.
3. Chill at least 15 minutes before serving.

### Helpful Information

- Try using red cabbage or use both red and green cabbage!
- Radish tops are edible. Try adding just a little to your green salads to see if you like them.
- Use a variety of apples. Try a crisp and sweet variety of apple to use in this recipe.

**Source:** Adapted from [Celebrating a Healthy Harvest](#) and part of CUCE-NYC FMNP Recipe Collection 2015  
To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>  
To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

<b>Nutrition Facts</b>	
Servings Per Recipe	20 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 17mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 79mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	





**Cornell University**  
Cooperative Extension  
New York City



## Ensalada de Col Fresca y Afruitada

Rinde 20 porciones (½ taza cada una)

### Ingredientes

- 1 cebolla pequeña, picada
- 3 cucharadas de vinagre de sidra de manzana
- 1 cucharada de aceite de oliva
- ¼ de cucharadita de pimienta negra molida
- ⅛ de cucharadita de sal, si desea
- ¼-½ col entera, cortada en tiras (como 3 tazas)
- 2 zanahorias medianas, ralladas
- ⅓ de taza de col rizada, cortada
- 6 rábanos, rallados
- 1 manzana mediana, rallada
- ½ taza de perejil o cilantro, picado

### Instrucciones

1. En un tazón grande, mezcle la cebolla picada, el vinagre (o jugo de limón), el aceite, la pimienta, y la sal (si desea). Deje esta mezcla de cebolla reposar 10 minutos.
2. Añada la col, las zanahorias, los rábanos, la manzana y las hierbas al tazón. Mezcle bien.
3. Enfríelo por los menos 15 minutos antes de servir.

### Información Útil

- ¡Trate de usar col morada o use ambas, col morada y col verde!
- Se pueden comer las hojas de rábano. Póngale solo un poco a sus ensaladas verdes para ver si le gusta.
- Utilice una variedad de manzanas. Pruebe un tipo de manzana crujiente y dulce para usar en esta receta.

**Source:** Adapted from Celebrating a Healthy Harvest and part of CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

Por favor vea videos de recetas en nuestro canal de YouTube: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

<b>Nutrition Facts</b>	
Servings Per Recipe	20 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 17mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 79mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	

