Taste Washington Day

Apples

LOCAL ★ FRESH ★ DELICIOUS

Apple Slaw

Ingredients:

¼ cup Cabbage, shredded
2 tablespoons Carrots, shredded
1/3 cup Apples, sliced
2 tsp. unflower seeds, toasted
2 tsp. Dried cherries, chopped

Directions:

- Cut apples into ~ ½ inch pieces.
- Shred cabbage and carrots.
- Toss cabbage, carrots, apples, sunflower seeds and dried cherries together.
- Pour dressing over slaw and mix to combine.
- Refrigerate and serve chilled.

Dressing:

2 tsp. Apple cider Vinegar
½ tsp. Olive Oil
¼ tsp Honey
Pinch of Sea Salt

Directions:

- Whisk together all ingredients for the dressing.

Serving suggestion: Substitute other Washington-grown dried fruit like, like dried cranberries for the dried cherries.

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