Taste Washington Day
October 6, 2021

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
- ¼ tsp Honey
- ½ tsp. Olive Oil
- 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.