Fresh and Fruity Coleslaw

Ingredients:

1/3 cup onion, thinly sliced
3 tablespoons apple cider vinegar or lemon juice
1 tablespoon olive or canola oil
1/4 teaspoon ground black pepper, if desired
1/8 teaspoon salt, if desired
½ medium head cabbage, shredded (about 6 cups)
2 medium carrots, peeled and shredded
1/3 cup radish greens, chopped
2/3 radish roots shredded
1 medium apple, shredded (Choose a crisp, sweet apple like ___)
1/2 bunch chopped parsley or cilantro (optional)

Directions:

1. In the bottom of a large bowl combine sliced onion, vinegar (or lemon juice), oil, pepper, and salt (if desired). Let onion mixture stand for 10 minutes.

2. Add cabbage, carrots, radishes, apple and parsley to bowl. Mix well.

3. Chill at least 15 minutes before serving.

Yields about 20 servings

Source: Adapted Radish Slaw Recipe from Celebrating a Healthy Harvest by the Brownsville Community Farmers Market

Recipe analyzed using apple cider vinegar, light olive oil, and without addition of salt, pepper, cilantro or parsley.