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Coleslaw

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Introduction:

Coleslaw doesn't have to be a just shredded cabbage swimming in a mayonnaise sauce. Next time you make it, try adding a lighter dressing such as a vinaigrette.

Preparation:

Using the large holes of a box grater, shred the apple into a large bowl and toss with the lemon juice to prevent discoloring. Shred the green cabbage, red cabbage and carrot into the bowl. Add the onions, salt, pepper and caraway seeds and toss. Dress with your favorite salad dressing and sprinkle with the chives.

Image (optional):

Crops:

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[carrot](#) [3]

Recipe Type:

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Ingredients:

1 Granny Smith apple, cored and peeled
1 tablespoon fresh lemon juice
1 small head green cabbage, quartered and cored
1 small head red cabbage, 8 leaves set aside for plating, the rest quartered and cored
1 carrot, peeled
1/2 cup thinly sliced green onions
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 tablespoon caraway seeds

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Links:

[1] <http://kgi.org/crops/cabbage>

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